



KACHCON2020

32nd State Level Annual Conference of
Karnataka Association of Community Health®

SOUVENIR



**“Redefining Public Health:
COVID-19 and beyond...”**

An online platform for sharing first-hand experiences
with COVID-19 & other public health issues

Department of Community Medicine
Ramaiah Medical College, Bengaluru

Supported by





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ACKNOWLEDGEMENT

We would like to thank Dr M. R. Jayaram, Hon'ble Chairman Gokula Education Foundation, and M. R. Sreenivasa Murthy, IAS (Retd) Chief Executive Gokula Education Foundation (medical) and Mr. H. G. Srivara, Head HR & Legal Gokula Education Foundation (medical), for their immense support.

We would like to express our special thanks of gratitude to Mr. B. S. Yedyurappa, Hon'ble Chief Minister of Karnataka & Dr K. Sudhakar, Hon'ble Minister of Health and Family Welfare and Medical education for their well wishes and message at the conference.

We would like to acknowledge Dr S. Sacchidanand, Hon'ble Vice Chancellor, Rajiv Gandhi University of Health Sciences, Bangalore, for encouragement and financial support for the conference and also being part of advisory committee

We would also like to express our sincere gratitude to Mr. Pankaj Kumar Pandey, Commissioner, Health and Family Welfare and Dr Arundhathi Chandrashekar, Mission Director, NHM for their cooperation and financial support to the conference.

We express our gratitude to the BBMP officials and office bearers for their support and encouragement.

We are grateful to Dr M Dayananda, Professor of Community Medicine, MMC, Mysuru and President of KACH and Dr T S Ranganath, Professor and HOD of Community Medicine, BMCRI, Bengaluru, General Secretary of KACH, Vice presidents Dr Ashok J, Professor of Community Medicine, SSMC, Tumakuru, joint secretaries Dr Manjunath Nekar, Asst. professor of Community medicine, KIMS, Hubli and Dr Muralidhar Kulkarni, Ass. professor of Community medicine, KMC Manipal for providing an opportunity for hosting the conference in Ramaiah Medical college.

We are thankful to Dr. C. Shivaram, Founder President KACH & Former Principal, RMC, Dr. M. K. Sudharshan, Chairperson, Technical Analytical Committee COVID-19, GoK, Dr. G. Gururaj, Director, NIMHANS, Dr. S. Pruthvish, Consultant, NCDIR, ICMR, Dr. B. J. Mahendra Director, Prasaranga, RGUHS, Dr. Giridhar Babu, Prof. and Head Life course Epidemiology, PHFI and Dr. N. Girish Rao, Prof & HOD, Centre for Public Health, NIMHANS

We express deep gratitude to Dr Medha Y. Rao, Pricipal and Dean, Ramaiah Medical College, Dr Harish K. Associate Dean & Vice Principal, Ramaiah Medical College Hospital, Dr Naresh Shetty, President Ramaiah Medical hospitals and Chief Ramaiah Advanced Learning Center, and Dr Shalini Chandrashekar Nooyi V, Vice Principal (Academics), Ramaiah Medical College Hospital, for their unstinting support in making the conference a grand success. We would also like to thank Dr. A G Prathab, Registrar, Academics, and Dr. Hemanth T, Registrar, Administration of Ramaiah Medical College for their immense support.

Also we are thankful and place on record the sponsorship received from Dr. K Rohith, Chief Executive, Ria Diagnostics, Rajainagar, Bengaluru and MSR Pharma, Bengaluru.

During the organization of this conference several individuals contributed through various organizing committees such as Scientific committee, Registration Committee, Communications and Promotions, Digital Platforms, Sponsorships and other pertinent aspects. We are immensely grateful to all those individuals.

We would like to express our heartfelt gratitude for all the resource persons, speakers of KACH talks, panelists, reviewers, judges and moderators for dedicating their valuable time and making KACHCON a huge success. We acknowledge the efforts of participants and their active participation in the conference and making it a grand success.

We express our thanks for IT support team and Mrs. Ashvini of Connectivity Solutions, Mr Jagannathan and team of Black Deer, Mr. Yathindra- CTO, Mr Ravi, Mr. Mohan Malode, Mr. Rehan and team of Ramaiah IT support team and Mr Vasuki Kesturi, Mr. Prakash Mulkunte and team for media support to the conference. Their contribution is immense in accomplishing the success of this online conference.

We extend our heartfelt gratitude to the faculty, post-graduates, public health nurse, medico-social workers and supporting staff of Department of Community Medicine, Ramaiah medical college and the volunteer students of Ramaiah medical college for their hard work in the preparation and conducting the conference gloriously.

Thank you

Dr. Lalitha K
Organizing Chairperson

Dr. Nandakumar BS
Organizing secretary

ORGANIZING TEAM

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Chairman, GEF

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**Head of Respective Committees*

Message from

Chief Minister

Government of Karnataka



ಬಿ.ಎಸ್. ಯಡಿಯೂರಪ್ಪ

ಮುಖ್ಯ ಮಂತ್ರಿ

ಸಂಖ್ಯೆ:ಮುಮಂ/ಮಾಕಾ/368/2020



ವಿಧಾನ ಸೌಧ

ಬೆಂಗಳೂರು - 560 001

ದಿನಾಂಕ :1.9.2020

ಸಂದೇಶ

ಎಂ.ಎಸ್. ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಸಮುದಾಯ ವೈದ್ಯಶಾಸ್ತ್ರ ವಿಭಾಗವು KACHCON- 2020 ಸಮ್ಮೇಳನವನ್ನು ಆಯೋಜಿಸಿರುವುದು ಸಂತಸದ ವಿಚಾರ.

ಕೋವಿಡ್-19 ಸಾಂಕ್ರಾಮಿಕದ ಸಂದರ್ಭದಲ್ಲಿ ಬಹುಮುಖಿ ಸೂತ್ರಗಳನ್ನು ಆವಿಷ್ಕರಿಸಿ ಅಳವಡಿಸಿಕೊಳ್ಳುವ ಮೂಲಕ ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಮತ್ತು ಅಸ್ಪತ್ರೆಯು ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಆರೋಗ್ಯ ಇಲಾಖೆಯ ಸಹಯೋಗದೊಂದಿಗೆ, COVID-19 ವಾರ್ಡ್‌ಗಳು, ಸ್ಟ್ರೀನಿಂಗ್, ಇತರೆ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ನಿರ್ವಹಿಸುತ್ತಿರುವುದು ಶ್ಲಾಘನೀಯ.

ಕೋವಿಡ್-19 ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ವರ್ಚುವಲ್ ವೇದಿಕೆ ಮುಖಾಂತರ ಸಮ್ಮೇಳನ ಆಯೋಜಿಸಿರುವುದು ಸಮಂಜಸವಾಗಿದೆ.

ಎಂ. ಎಸ್. ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು ಹಾಗೂ ಸಮುದಾಯ ವೈದ್ಯಶಾಸ್ತ್ರ ವಿಭಾಗಕ್ಕೆ ಅಭಿನಂದನೆಗಳನ್ನು ತಿಳಿಸುತ್ತಾ ಸಂಸ್ಥೆಯು ಇನ್ನೂ ಹೆಚ್ಚು ಸಂಶೋಧನೆಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳಲಿ ಎಂದು ಆಶಿಸುತ್ತೇನೆ. ಕಾರ್ಯಕ್ರಮ ಯಶಸ್ವಿಯಾಗಲಿ ಎಂದು ಹಾರೈಸುತ್ತೇನೆ.

ಬಿ.ಎಸ್. ಯಡಿಯೂರಪ್ಪ
(ಬಿ.ಎಸ್.ಯಡಿಯೂರಪ್ಪ)

ಡಾ|| ಲಲಿತಾ ಕೆ

ಅಧ್ಯಕ್ಷರು,

ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜು,

ಕರ್ನಾಟಕ ಸಮುದಾಯ ಆರೋಗ್ಯ ಸಂಘ,

ಎಂ.ಎಸ್.ಆರ್. ನಗರ,

ಬೆಂಗಳೂರು - 560054.

Message from

Health Minister

Government of Karnataka



ಡಾ|| ಕೆ. ಸುಧಾಕರ್
Dr. K. SUDHAKAR



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಹಾಗೂ
ವೈದ್ಯಕೀಯ ಶಿಕ್ಷಣ ಸಚಿವರು
ಮತ್ತು ಚಿಕ್ಕಬಳ್ಳಾಪುರ ಜಿಲ್ಲಾ ಉಸ್ತುವಾರಿ ಸಚಿವರು
ಕರ್ನಾಟಕ ಸರ್ಕಾರ
Minister for Health & Family Welfare,
Medical Education
and Chikkaballapur District In-Charge
Government of Karnataka
ದಿನಾಂಕ: 18.12.2020

ಸಂಖ್ಯೆ: ಆಕುಸ & ವೈಶಿಸ/1300/2020

ಶುಭ ಸಂದೇಶ

ರಾಮಯ್ಯ ವೈದ್ಯಕೀಯ ಕಾಲೇಜಿನ ಸಮುದಾಯ ವೈದ್ಯಶಾಸ್ತ್ರ ವಿಭಾಗವು
ಜ್ವಲಂತ ಸಮುದಾಯ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳು ಹಾಗೂ ಕೋವಿಡ್- 19ರ
ಕುರಿತಂತೆ ರಾಜ್ಯಮಟ್ಟದ ಸಮ್ಮೇಳನ KACHCON 2020 ಅನ್ನು ಹಮ್ಮಿಕೊಂಡು,
ತಜ್ಞರ ಜೊತೆ ಸಮಾಲೋಚನೆಗಳನ್ನು ನಡೆಸುತ್ತಿದೆ. ಈ ಸಮ್ಮೇಳನವು ರಾಜ್ಯದ
ಸಮುದಾಯ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳ ಕುರಿತು ಚರ್ಚಿಸಿ, ಸಾರ್ವಜನಿಕರಿಗೆ
ಅನುಕೂಲವಾಗುವಂತಹ ಹಲವಾರು ವಿಷಯಗಳನ್ನು ಆರೋಗ್ಯ ಸಂಸ್ಥೆಗಳಿಗೆ
ತಿಳಿಸಲಿದೆ. ಈ ಸಮ್ಮೇಳನ ರಾಜ್ಯದ ಎಲ್ಲಾ ವೈದ್ಯಕೀಯ, ಅರೆ-ವೈದ್ಯಕೀಯ
ಸಿಬ್ಬಂದಿಗಳು ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸಮುದಾಯ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳು ಹಾಗೂ
ಕೋವಿಡ್ ನಂತಹ ಮಹಾಮಾರಿಯ ಬಗ್ಗೆ ತಿಳಿಸಲಿದೆ.

ಈ 3 ದಿನಗಳ ಕಾರ್ಯಾಗಾರಕ್ಕೆ ನಾನು ತುಂಬ ಹೃದಯವಿಂದ ಶುಭ
ಹಾರೈಕೆಗಳನ್ನು ಸಲ್ಲಿಸುತ್ತೇನೆ. ಅವರ ಈ ಸಮ್ಮೇಳನವು ಯಶಸ್ವಿಯಾಗಿ, ಇದರ
ಪ್ರಯೋಜನವನ್ನು ಎಲ್ಲರೂ ಪಡೆದುಕೊಳ್ಳುವಂತಾಗಲಿ ಎಂದು ಆಶಿಸುತ್ತೇನೆ.


(ಡಾ:ಕೆ:ಸುಧಾಕರ್)

ಅಭಿನಂದನೆಗಳೊಂದಿಗೆ,

ಮುಖ್ಯಸ್ಥರು,

ಡಿಸಾಬ್‌ಲಿಟಿ ಮೆಂಟಲ್ ಆಫ್ ಕಮ್ಯೂನಿಟಿ ಮೆಡಿಸಿನ್,

ರಾಮಯ್ಯ ಮೆಡಿಕಲ್ ಕಾಲೇಜು,

ಬೆಂಗಳೂರು.

Message from

Health Commissioner

Health & Family Welfare Services



Mr. Pankaj Kumar Pandey, IAS
Health Commissioner, HFWS



Tel: +91 80 2335 4039
+91 80 2335 4085
e-mail: com-hfws@karnataka.gov.in

COMMISSIONERATE Health & Family Welfare Service

Date: 17.12.2020.

Message

I am very glad to know that Ramaiah Medical College, Bengaluru is hosting the 32nd State Level Annual Conference of Karnataka Association of Community Health from 21st December to 23rd December 2020. The theme of the conference "Redefining Public Health: COVID-19 and beyond..." is very appropriate amidst the current COVID-19 pandemic.

This conference will provide an unique platform to the undergraduates, postgraduates, faculty and policy makers across the state for sharing latest updates and knowledge on evolving public health challenges and will be helpful in finding innovative and out of the box solutions to overcome the same. Karnataka has been appreciated in the country for many best practices to contain Covid pandemic.

Wishing you all a very stimulating, productive and memorable conference with a rich experience and best wishes for the event to be a grand success.

**Commissioner,
Health & Family Welfare Services.**

Message from

Mission Director

National Health Mission



Dr. Arundhathi Chandrasekhar, IAS
Mission Director
National Health Mission



No: NHM/MD-NHM/72/2020-21

Date: 17.12.2020

Message

I am happy to learn that Department of Community Medicine, Ramaiah Medical College, Bengaluru is hosting the 32nd Annual State Conference '**KACHCON**' from 21st to 23rd December 2020.

It is very pertinent that KACHCON is being organized during the COVID-19 Pandemic.

I wish the conference a grand success.

(Dr. Arundhathi Chandrasekhar, IAS)

Dr. Lalitha K.,
Prof. & Head and Organizing Chairperson,
Department of Community Medicine,
M.S. Ramaiah Medical College,
Bengaluru.

Message from
Vice Chancellor

RGUHS



Dr. S. Sacchidanand
Hon'ble Vice Chancellor, RGUHS

19.12.2020

MESSAGE

I am happy to learn that Department of Community Medicine, M S Ramaiah Medical college, Bengaluru, in association with Karnataka Association of community Health is organizing an online 32nd State level Annual Conference on “Redefining Public Health: COVID-19 and beyond...” from 21st December to 23rd December, 2020 at Bengaluru.

The theme of the conference “Redefining Public Health: COVID-19 and beyond...” is apt considering that the country is emerging from the devastation caused by COVID 19 especially on health services, non-covid medical services, education and livelihoods of millions of people.

The conference being online is a safe platform for public health specialists to exchange ideas, share research and learn from each other. After a series of lockdowns and unlocking, its time to incorporate Covid among the regular non-covid health services and plan futuristic strategies for smooth functioning of all the programs which was affected due to Covid in terms of man power, finance and reaching people. It is also important that we be vigilant and be prepared to face off a second wave if it comes as well as emerge out strongly from the current predicaments due to COVID.

I wish the 32nd State level Annual Conference on “Redefining Public Health: COVID-19 and beyond...” a great success

A handwritten signature in black ink, appearing to read 'S. Sacchidanand'.

Dr. S. Sacchidanand
Vice Chancellor

Message from

Registrar Evaluation

RGUHS



Dr. N. Ramakrishna Reddy
M.D., (Community Medicine)
Registrar (Evaluation)

Date: 16-12-2020

Message

I am very glad to know that M.S Ramaiah Medical College, Bengaluru is hosting the 32nd State Level Annual Conference of Karnataka Association of Community Health from 21st December to 23rd December 2020. The theme of the Conference "Redefining Public Health: COVID-19 and beyond..." is very appropriate amidst the current COVID-19 pandemic.

This conference will provide an unique platform to the undergraduates, postgraduates, faculty and policy makers across the state for sharing latest updates and knowledge on evolving public health challenges and will be helpful in finding amicable solutions to overcome the same.

Wishing you all a very stimulating, productive and memorable conference with a rich experience and best wishes for the event to be a grand success.

(Dr. N Ramakrishna Reddy)
Registrar (Evaluation)

To,
The Organizing Secretary,
KACHCON 2020
M.S Ramaiah Medical College,
MSR Nagar, MSRIT Post,
Mathikere,
Bengaluru – 560054.

Message from **Chairman**

Gokul Education Foundation (GEF)



Dr. M R Jayaram
Hon'ble Chairman, GEF

MESSAGE FROM THE CHAIRMAN

Welcome to RAMAIAH MEDICAL COLLEGE (RMC).

RMC pledges to provide quality education to students of diverse disciplines.

In today's world, medical field has become much broader and challenging than before. Improving health of community as well as increasing quality of life, eliminating health disparities have paved a way for transformational opportunities that could not have been thought of few years ago. This has opened doors for skilled medical professionals necessary to engage and practice at all levels from leadership, management and policy making. RMC is established with an aim to strengthen the overall health system in the country through education, training, and research. Recent pandemic of Corona Virus (Covid-19) has highlighted tremendous need for high quality professionals.

RMC offers experiential growing and learning opportunities for its students through internships, projects, dissertation and research assignment. It is providing research, training thereby encouraging students to pursue research careers. Diversity is one of our core values and we strive to inspire our students to be focused on bringing positive change in the world.

Towards achieving these goals, in recent times the institution has entered into collaborations with several prominent research institutes, hospitals, NGO's and industries. In the coming years RMC aims to be counted among the best institutions for medical education and research in the world. We will continue to build on our strengths and nurture translational research, protect our intellectual property.

We are in the forefront in our fight against Covid- 19 pandemic and will continue to strive to participate in all the activities under the public private partnership. I am proud to share that Department of Community Medicine joined hands with the Government and actively engaged during the COVID pandemic in various capacities from providing technical support, surveillance, contact tracing and quarantine for international travellers.

I am happy to note that the Department of Community Medicine is hosting the KACH Conference 2020 in our institution. In wake of COVID pandemic, the theme for the conference, "Redefining Public Health, COVID-19 and beyond" is very appropriately chosen which focuses on providing continuum of care not only in the areas of COVID but also beyond.

Signature
Dr. M R Jayaram

Message from
Chief Executive (GEF-M)

Gokul Education Foundation (GEF)



Sri M R Sreenivasa Murthy, IAS (Retd)
Chief Executive, GEF-M

MESSAGE

Ramaiah Medical College (RMC), Bangalore is hosting the State Level Conference on Community Health which assumes importance in the background of the COVID-19 pandemic this year.

Our institution has played a major role in responding to this crisis by setting apart a well equipped hospital with 500 beds with well trained human resources to care for the COVID patients. I am happy to share that Ramaiah Medical College and Department of Community Medicine have been in the forefront in mitigating the pandemic. The Faculty members, Postgraduates and junior doctors were involved as technical experts for preparing guidelines on various aspects of Covid 19, capacity building and human resource management, assessment of preparedness and operationalization of Covid hospitals, contact tracing, surveillance and triaging. These untiring selfless efforts prompted the RGUHS and Health and Family Department to support the Conference in a big way.

KACHCON 2020 is focusing on COVID-19 with the theme of “Redefining Public Health, COVID-19 and beyond..” to address the current situation in depth in the presence and the support of stake holders.

I wish the conference all success and hope the deliberations will be fruitful in enlightening the community at large.


(Sri M.R.Sreenivasa Murthy)
Chief Executive

Message from

Principal & Dean

M. S. Ramaiah Medical College



Dr. Medha Y Rao
Principal & Dean
MS Ramaiah Medical College

MESSAGE

I am happy to note that the 32nd State Annual Conference of KACH with the theme "Redefining Public Health: Covid 19 and beyond..." is being held at M.S.Ramaiah Medical College from 21st to 23rd December 2020.

The conference is designed with relevant and interesting topics and I am sure the take away for all the delegates is going to be greatly helpful in day to day practice.

I congratulate the organizing committee of this conference for their huge efforts to organize this conference and wish them success.

A handwritten signature in blue ink that reads "Medha Y Rao".

Dr. Medha Y. Rao
Principal & Dean

PRINCIPAL AND DEAN
M.S.Ramaiah Medical College
& Hospital,
Bangalore - 560 054.

Message from
Vice Principal

M. S. Ramaiah Medical College



Dr Shalini Chandrashekar Nooyi
Vice Principal (Academics)
Professor (Community Medicine)
Technical Advisor

Ramaiah International Centre for Public Health Innovations
Bengaluru

16th December 2020


Message

After a mentally turbulent year, I am delighted that the Department of Community Medicine, Ramaiah Medical College, is hosting the first online conference of Karnataka Association of Community Health. It was just over a year ago when we eagerly requested the opportunity to host the conference. Despite the impediment of not meeting “on site”, the team at Ramaiah has redoubled its energies and efforts to bring forth an array of “virtual treats” to the members of the Association.

I am sure you will savour the outstanding efforts of the team at MS Ramaiah Medical College and the KACHCON 2020 organizing committee.

I extend my best wishes to the Department of Community Medicine, Ramaiah Medical College and welcome the delegates of the conference.

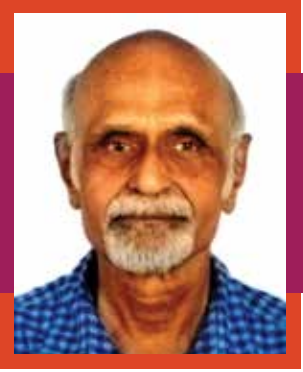
Greetings for a safe 2021!


16/12/2020

Message from

Founder Chairman

Karnataka Association of Community Health



Dr Shivram C

Founder Chairman, KACH

"I am glad to learn the Department of Community Medicine, Ramaiah Medical College, Bengaluru is hosting the 32nd Annual conference of KACH, by this month end.

It was late Dr Basappa, who made first attempt to start an association, way back in 1974, soon after conducting the Annual conference of Indian Association of Preventive and Social Medicine, at Bangalore Medical College. Owing to opposition from some of his counterparts from other medical colleges in the State, he had to shelve the idea.

Then it was in 1984, we made a humble effort to have a state level association, to create a platform for the young and junior faculty, to show case their research capability. Here I would like to place on record, the support and encouragement that I received from Dr M. K. Sudharshan, to take a bold step to start the Karnataka Association of Community Medicine. But for his unstinted effort, the association would not have seen the light of the day.

Sometime after few years, the association was losing steam and was on the verge of being wound up. It was Dr Girish N., who took up the onerous task of reviving the almost defunct association and put it back on the track with renewed energy.

Today, I am extremely happy to see that the association has come a long way and will be there to provide an opportunity to the Faculty, Post Graduate and Undergraduate students, to share their research talent.

I would like to express my sincere appreciation to all those who made it possible to keep the activities of the association afloat.

My best wishes to the Faculty of the Department of Community Medicine, Ramaiah Medical college Bengaluru, for having taken the responsibility to organise the annual conference and successfully conducting it.

Wish the conference all the success."

A handwritten signature in black ink, appearing to read 'Dr. Shivram C'. The signature is written in a cursive style with a horizontal line underneath.

(Dr Shivram C)

Message from
President

Karnataka Association of Community Health



Dr. Dayanand M
President, KACH

Message

I take this opportunity to congratulate the department of community medicine M.S. Ramaiah Medical College for organising 32nd state level conference KACH-2020. It is my pleasure to welcome faculty, public health experts, students (UG & PG) for this conference. It is a first time virtual conference in the history of KACH conference due to the COVID pandemic. I request all of you to make use of this online platform to enhance your knowledge in the field of community health. Let us hope this conference strengthening our supporting system to manage. Post COVID pandemic satiation related to public health issues.

The theme of conference is "Redefining Public Health: COVID -19 and beyond.." is most appropriate for the present conference. I wish all the best for organiser, delegates participants in this conference.


President
KACH

Message from
Secretary

Karnataka Association of Community Health



Dr. T S Ranganath

Secretary - KACH
Prof and HOD
Comm. Med, BMCRI, Bengaluru

I would like to congratulate the organizing committee of 32nd Annual State level conference of Karnataka Association of Community Health for hosting well planned online conference focusing on “Redefining public health : COVID-19 and beyond...” I would like to appreciate the sincere efforts of the management, faculty, staff and volunteers of the Department Of Community Medicine, M S Ramaiah Medical College, Bangalore, who have made this conference possible.

We all being public health specialists have worked excellently in the community/field and as well as in the hospitals too to control this pandemic situation. We all would have explored new ways, new concepts to control the COVID-19 pandemic in our own filed/hospital practice area. This KACH conference is a perfect platform for all of us to share our experiences and also to learn innovative measures taken to control this pandemic situation.

This annual conference is indeed an ocean of knowledge, provides us an excellent opportunity for discussing COVID-19 and post COVID-19 issues too. I am sure our experienced and specialist member delegates will actively participate/swim in this conference and make this conference a grand success.



Dr. T S Ranganath

Secretary - KACH
Prof and HOD
Comm. Med, BMCRI, Bengaluru

Message from
Organising Chairperson

Karnataka Association of Community Health



Dr. Lalitha K

KACHCON - Organising Chairperson
Prof & HOD - Community Medicine
MS Ramaiah Medical College

Ramaiah Medical College was given an opportunity to host the 32nd state Annual conference of Karnataka association of Community Health in 2020. With great zeal, we started our preparation way back in January with focus on SDG as our theme. But the COVID pandemic took the entire globe in its fold and made us also to rethink on the topic and the way we needed to conduct this conference. However, our team felt that the pandemic should not deter us from conducting this conference. Hence, we took this opportunity as a challenge and introspected as how we need to conduct the conference bringing relevance to the current situation.

Taking inspiration from the public health efforts from the Government, private and other civic bodies in controlling this pandemic, we decided to harness all the efforts and lessons learnt in fighting this pandemic which will help us redefine our way forward with new norms in place in all walks of life. Very aptly, the theme for the conference chosen was "Redefining Public Health- COVID-19 and beyond...."

Finally, the KACHCON 2020 was decided to be an online event which will amalgamate the best public health responses during the pandemic and the learnings towards effective public health policies and practices in future. The boost for organising this conference was even more when we got

encouragement from the RGUHS, Directorate, COVID technical advisory committee, KACH bearers, Government officials and our management.

On behalf of my enthusiastic and energetic organising team, I am excited and delighted to host this conference. I am confident that the conference will have rich scientific deliberations on discussions on the COVID pandemic control measures and learnings for future pandemics and other health care issues. We have received unprecedented number of quality papers both from postgraduate and faculty category.

The conference would not have been possible without the enthusiasm, hard work and commitment of my colleagues and encouragement from our Principal & Dean, Vice principals and Registrars. I am grateful to all the speakers, panellists and authors for their valuable contributions. Special thanks to RGUHS and NHM, GOK which has extended financial support to conduct this conference without technical glitches.

I am very thankful to our management and the unstinted support extended by my colleagues in organising this conference.

A handwritten signature in blue ink that reads "Lalitha K." on a white background.

(Dr. Lalitha K)

Message from
Organising Secretary

Karnataka Association of Community Health



Dr. Nanda Kumar B S

Organising secretary
KACHCON-2020

Message from Organizing secretary

The year 2020 was supposed to be a watershed moment in public health history, where several goals and targets were set forth. The Global Burden of Diseases list was continually fluctuating, with the non-communicable diseases competing with infectious diseases for supremacy in terms of mortality and morbidity. The sudden deluge of the COVID19 pandemic disrupted the health and the entire ecology in the global arena.

The public health specialists got a fillip due to the COVID19 pandemic. The importance of preventive and promotive health care and non-health determinants of health was brought to the forefront across the world. Modern countries where the curative centric health systems thrived had to bear the onslaught of the virus. There was minimal support at the grass-root levels for enforcing non-institutional services such as contact tracing and preventive care for the masses.

In this unsettling environment, it is time to redefine the public health systems' role and deliverables. The KACHCON2020 is a platform for experts to discuss and debate the existing system's success and failures. The conference's outcome would help derive meaningful, evidence-based practices for responding to second wave and future epidemics.

A multi-stakeholder perspective helps in understanding the different facets of the problem. We hope to optimize the public health system for delivering the best outcomes to the entire population.

The scientific rigor of the KACHCON2020 conference will help the students, faculty, practitioners, and administrators to assimilate the experiences of the last year and derive meaningful conclusions for the road ahead.

A handwritten signature in blue ink, appearing to read 'N. N. Kumar B S', written in a cursive style.

Dr. Nanda Kumar B S

Organizing secretary, KACHCON 2020

About KACH

Karnataka Association of Community Health was established in 1984 for bringing together Community Health professionals to foster health promotion, research and education. KACH has enabled and strongly supported and nurtured public health specialists and actively contributed to building healthier communities.

KACH Office Bearers

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Professor & HOD, JJMMC, Davanagere

Dr Umesh Ramadurg

Professor, SNMC, Bagalakote

Dr Shilaja Patil

Professor & HOD, BLDEA, Vijayapura

Dr Ajay Kumar G

Professor & HOD, GIMS, Kalaburgi

Dr Gagan S

Medical Officer, PHC, Adaguru, Hassan

Dr Kishore S G

Asst. Professor, BMCRI

Dr Maltesh Undi

Asst. Professor, Karwar Institute of
Medical Science

Dr Chandana Krishna

Asst. Professor, Siddhartha Medical
Collage, Tumakuru

About Bengaluru

Karnataka is situated in the south western region of India. It is one of the most prosperous states in India. Karnataka has made tremendous progress in the fields of education, industry, agriculture, literature and tourism. Bengaluru is the capital of Karnataka. Bengaluru is known as the Silicon Valley of Asia due to its flourishing Information Technology industry.

Bengaluru is home to many of the most well-recognised colleges and research institutions in India. The pleasant weather makes people to move here from other states of India. Vidhana Soudha, the seat of the state legislature of Karnataka was conceptualised by Kengal Hanumanthaiah. The Karnataka government has constructed a replica named Vikas Soudha to the south of the building. Opposite to Vidhana Soudha is the High Court of Karnataka. Amongst the plethora of places to visit in Bengaluru, Cubbon Park is at the top of the list. Built by Richard Sankey, the Chief Engineer of Mysuru, this delightful park spans an area of 300 acres.

Lalbagh Botanical Garden is an old botanical garden in Bengaluru. Various unique species of plants and flora are found here. Lalbagh Botanical Garden also has a glass house, an aquarium and a lake that adds to the already existing beauty of the garden. There are two annual flower shows celebrated in the glass house which attracts lakhs of people.

Bannerghatta Biological Park is a popular tourist destination with a zoo, a pet corner, an animal rescue centre, a butterfly enclosure, an aquarium, a snake house and a safari park. The park offers safari excursions managed and supported by the Karnataka State Tourist Development Corporation (KSTDC).

The Bengaluru Palace has always been considered as one of the most striking palaces built in the country and was constructed by Chamaraja Wodeyar in the 19th century.

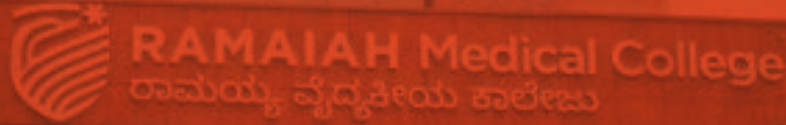
Tipu Sultan's Summer Palace in Bengaluru is a great example of Indo-Islamic architecture in India. It was the summer residence of Tipu Sultan, the Mysuru ruler. Hyder Ali began its construction within the walls of the Bengaluru fort, and was completed in 1791 during Tipu Sultan's reign.

Jawaharlal Nehru Planetarium is the center of astronomy. The primary attraction of the planetarium is the Sky Theater which depicts celestial events under one roof. The planetarium hosts activities such as workshops and exhibitions that involve many people.

Iskcon temple is both a spiritual and tourist spot for people coming from far and near places. The Akshaya Patra Foundation of Iskcon is its major initiative for implementing the Mid-Day Meal programme to the children in Government and Government-aided schools across India. It follows a Public-Private Partnership model of operation.

Nandi Hills located in the Chikkaballapur District in Karnataka, is just 60 kilometres away from Bengaluru. It is a paradise for cyclists because of the stunning hairpin bends and for trekkers.

About M.S.Ramaiah Medical College



The Ramaiah Group of Institutions was founded by Late Founder Chairman, Sri. M S Ramaiah. The Group runs 21 institutions in Education and Healthcare which are housed on the 70-acre campus in Bengaluru. Ramaiah Medical College (RMC) was established in 1979 with the vision of providing quality education to all. The Hospital accommodates 1,331 beds and offers all super specialties.

It is the first medical college in India to conceptualise and implement a medical conference for and by the medical undergraduates "Insights". This annual event for students across medical colleges in India revolves around a variety of medical topics that undergraduates may not get an opportunity to delve in detail.

Anticipating that students might need to cater to global communities once they become professionals, the College gives undergraduates the opportunity to visit foreign universities with which it has signed MOUs. These visits act as a professional prep for students, taking them a step closer to global standards of medical practice. Through these collaborations, they are also exposed to different local cultures, resources and finances of the land.

As part of RMC's exchange and collaboration initiatives, foreign students visit the campus every year. Along with campus exposure, they get an opportunity to be a part of the Community Orientation Programme (COP), through which they get a panoramic view of living conditions in rural as well as urban communities, common diseases and the local culture in India.

A steady aim at academic success and professional proficiency has led RMC to undertake research activities at various levels. Separate committees for student and faculty research have made headway in creating a culture of inquiry. Apart from interdepartmental and trans-disciplinary research, we have also established exchange and collaborative relationships with external institutions. A separate division on research and patents, established in 2012, has allowed the College to undertake further explorations on methodology, ethics and patenting.

Department of Community Medicine: Since 1980, about 150 students have graduated per year and 74 postgraduates till date have successfully passed the MD exams. Dr Arjunan Isaac, Professor has completed his Ph.D. from RGUHS. Mr Shivaraj, Statistician has registered his Ph.D. under Tampere University, Finland. Dr Priyadarshini, Assistant Professor has enrolled for her Ph.D. in MSRUAS.

KACHCON2020

A series of exciting events, including the keynote addresses, power panels, KACH talks, scientific paper and poster presentations, competitive video contests are lined up to cater to multi-stakeholder requirements.

OBJECTIVE

To amalgamate the best public health responses during COVID-19 pandemic towards effective public health policies and strategies.

KACHCON2020 THEME



SUB-THEME

- COVID-19
- Primary healthcare
- Sustainable Development Goals
- Role of Non-Governmental Organizations and Civil Society Organizations
- Community engagement
- Telemedicine & health
- Disaster preparedness
- and management
- Environmental Health & Climate change
- Communicable diseases
- Non-communicable diseases
- Mental Health
- Maternal and Child Health
- School Health
- Geriatrics
- Gender and Health
- Nutrition
- Occupational Health and safety
- Healthcare waste management
- Quality Assurance
- Medical Education

The Department has been conducting the Community Orientation Programme for its undergraduate students from last 14 Years. This is a unique programme that exposes the students to the nuances of social and cultural determinants influencing health as well as health care. The programme is now offered to students of other allied faculties such as Dental, Physiotherapy, Nursing and Pharmacy. Additionally the rural component is packaged as winter school for International students from diverse backgrounds.

It is in the concluding phase for a project titled "Environmentally Sound Management of Medical Waste in India", in 5 states in India. The project is supported by UNIDO, GEF, MOEFFCC, and MSRMC.

The Division of Research and Patents plays a central role in study design, data collection and processing, statistical analysis and interpretation of all research Projects. Provides professional expertise to faculty members, UG, PG, PhD students and super-speciality students of various all disciplines.

M.S.Ramaiah Medical College initiated 'Spandana', a school and resource centre for specially abled children in 2006, in collaboration with Sri Sai Mandali, Malleshwaram. It serves as a preparatory school for children with mild and moderate mental retardation to integrate them into the normal stream of education and society. Around 50 Children from 36 villages are enrolled in Spandana.

In collaboration with Sai Mandali, Malleshwaram: initiated the School Health Program in 2007. The objectives of the programme is to provide health check-up, free medicines and appropriate health education to about 5000 students in 26 schools. Since early 2006, a geriatric care centre at Sai Mandali Malleshwaram, Bengaluru was set up to provide services to the elderly. Sequential meetings of both

institutions since November 2006, both at Kaiwara and Sri Sai Mandali have made way for realizing the vision of developing model geriatric services. Primary geriatric care centre was planned to be started in a phased manner from 2007 and is functioning since then.

As a part of social accountability of our institution, 4 old age homes have been taken up for providing medical services from 2009 onwards. The faculty members, postgraduates and interns visit four old age homes once a month and offer primary care to the inmates of these homes.

Nanda Gokula (Creche Facility) was formally inaugurated on July 27th 2009, by Dr. M R Jayaram, Director, Gokula Education Foundation under the guidance of Dr. S. Kumar, Former Principal and Dean, MSRMC. A Faculty of Community Medicine is the Nodal Officer of Nanda Gokula. The crèche is open from 8.00 am -8.00 pm. It has a supervisor, 6 helpers and an ayah. The strength of children varies from 30-45. The objective is to equip working parents with safe and secure facility for their dependent children during working hours, enable lactating mothers to provide nourishment for their infants in a timely and appropriate manner within the work environment.

We observe World Breastfeeding Week, World Health Day, and World Environment Day.

The Indira Gandhi National Open University (IGNOU) courses conducted by the department:

- Post Graduate Diploma in Hospital Management (PGDHM)
- Post Graduate Diploma in Geriatric Medicine (PGDGM)
- Certificate Course in Healthcare Waste Management (CCHWM).

Department Efforts towards Covid-19

A team of faculty and postgraduates from the Department of Community medicine has sprung into action to support the Government of Karnataka and BBMP in combating the COVID-19

Dr K. Lalitha, Professor & HOD has been deputed as a technical expert to support the State Surveillance Unit of Health and Family welfare department headed by Special commissioner, Dr Arundhati Chandrasekhar, IAS. She has been nominated as one of the Expert member, SOP committee to develop SOP and guidelines on for various aspects of COVID-19.



Dr Hemanth T, Professor, is nominated member of the Task force on Augmentation of Human Resource and Capacity Building for GOK created under the chairmanship of Mr Ajay Seth, IAS.

Dr. Shalini Pradeep, Professor, is the Nodal officer of our institution for COVID-19 activities to liaison with the Government of Karnataka and updation of various reports on COVID-19 portal on daily basis. Dr Pavithra Cheluvraj assists for daily reports and death audits.

Dr. Arjunan Isaac, Professor has been deputed to the Directorate of Medical Education to coordinate preparedness activities in dedicated COVID -19 treatment centres for operationalization and management of COVID -19 positive cases in Karnataka state from 28.03.2020 to 06.06.2020.

Dr Suman G co-ordinated the quarantine of health care workers of the Medical College and Hospital. She was the nominated Member of RGUHS for training of all staff on Clinical Management of Covid 19.

Dr. Dinesh Rajaram, Associate Professor, lead the team of enthusiastic and motivated interns, PGs along with Dr. Ananth Ram, Dr. Babitha, Dr. Pavithra and Mr. Chethan in contact tracing, stamping of contacts, cluster containment community surveillance and community awareness in Sanjaynagar, Palace Guttahalli, Rajajinagar and Padarayanapura UPHCs during the early phase of lock down period. The interns worked at quarantine centres in BBMP area where international travellers are quarantined.



Dr. B. S. Nanda Kumar, Associate Professor has been appointed as technical expert for State Disease surveillance Unit, under Chairmanship of Sri. Ajay Seth (IAS), Director BMRCL, Government of Karnataka and Member of Home Isolation Committee

Dr. Babitha Rajan, Assistant Professor & Pavithra Cheluvraj, Assistant Professor contributed for the development of SOP for the institution and training materials on COVID19.

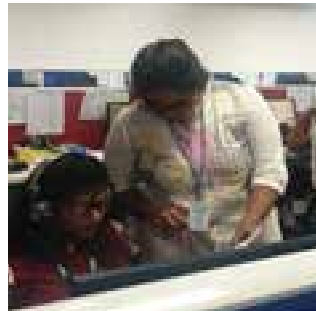
Dr. Ananth Ram, Assistant Professor, with PG Dr. Bhavana, Dr. Shalini Naik from Department of Microbiology and Dr. Prasanna Kumar from Department of Pulmonary Medicine conducted a district level assessment of COVID -19 preparedness and performance appraisal of Chikkaballapura district from 4th to 6th June, which was a state government initiative.



The department has developed the video on biomedical waste management in COVID-19 situation in English, Kannada, Hindi, and Marathi under the UNIDO project co-ordinated by Dr Suman, Dr Nanda Kumar B S along with Dr Priyadarshini and Dr Pavithra Cheluvraj

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Dr. Manasa Divakar, Dr. Divya N R, Dr. Rao Akhila Keshava and Dr. Bhavana S V were deputed to State Health and Family Welfare where they were involved in capacity building and supporting the executives at Call centres and in real time updation of data on logistics S3 portal. They also worked in triaging of Covid positive patients brought by BBMP under the guidance of Dr Arjunan Isaac. Dr. Lalitha is one of the co-investigators, sero surveillance

"Redefining Public Health: COVID-19 and beyond..."

Inauguration Program Schedule

Time	Program Details	
2.00 - 2.03pm	Ramaiah Anthem	
2.03 - 2.05 pm	Welcome address	Dr. Lalitha K Prof and HoD, Chairperson, KACHCON 2020
2.05 - 2.07 pm	Lighting the lamp	By the dignitaries
2.07 - 2.10 pm	About the conference	Dr. Nanda Kumar BS , Associate Professor Organizing Secretary, KACHCON 2020
2.10 - 2.20 pm	Inaugural address	Dr. S. Sacchidanand Hon'ble Vice Chancellor, RGUHS, Bengaluru
2.20 - 2.25 pm	Dean's address	Dr. Medha Y Rao Principal and Dean, Ramaiah Medical College
2.25 - 2.27 pm	About KACH and KACH awards	Dr. T S. Ranganath , Prof and HoD BMCRI General Secretary, KACH.
2.27 - 2.50 pm	KACH awards presentations by	Dr. S. Sacchidanand Hon'ble Vice Chancellor, RGUHS, Bengaluru Dr. M.R. Jayaram , Hon'ble Chairman Gokula Education Foundation Mr. Srinivasa Murthy , IAS (Retd) Chief Executive, Gokula Education Foundation (Medical)
2.50 - 2.55 pm	Presidential remarks	Dr. Dayananda M , Prof, MMC President Karnataka Association of Community Health.
2.55 - 3.00 pm	Vote of Thanks	Dr. Shalini CN Vice Principal (Academics) Ramaiah Medical College

KACHCON2020 AWARDEES

1. Dr. G. Gururaj

KACH Best Community Health Professional

Director, NIMHANS
Senior Professor of Epidemiology and Centre for Public Health, NIMHANS. Head of WHO Collaborating Centre for Injury Prevention and Safety Promotion, NIMHANS

2. Dr. K Rajaram

KACH Silver Jubilee for a Community Health Practitioner

MBBS, DO Managing trustee, Sri Ramana Free Clinic Trust

3. Dr. C.R. Chandrashekar

KACH Prolific Community Health Literature Award

Senior Professor (Retd), Department of Psychiatry & Deputy Medical Superintendent, NIMHANS

4. Dr. Ajay Kumar Madhugiri Venkatachalaiah

Sri. B. M. Patil Memorial Oration in Community Health

MBBS, MD (Community Medicine), PhD (Operational Research), Technical Officer (Research) at International Union Against Tuberculosis and Lung Disease (The Union), New Delhi

Currently working as Director (Centre for Operational Research), International Union against Tuberculosis and Lung Disease (The Union), Paris, France

5. Dr. Sumanth Mallikarjuna Majgi

Young Scientist in Community Health

Assistant Professor, Community Medicine, MMCRI, Mysore

6. Dr. Giridhara R Babu

KACH Commendable Researcher in Community Health

Professor & Head Life-course Epidemiology, Public Health Foundation of India (PHFI), Bengaluru

Professor & Head Life-course epidemiology, PhD, 2012, UCLA, USA

7. Dr Sharath B N

KACH Commendable Researcher in Community Health

Chairman for NTEP (National Tuberculosis Elimination Programme) State Task Force (STF) Operational Research (OR) committee for medical colleges, Karnataka

Faculty in the Department of Community Medicine at ESIC Medical College and PGIMSR, Rajajinagar, Bangalore

8. Dr. Suhas M

Sachin P Menon Award

MBBS, Intern, M S Ramaiah Medical College

9. Dr. Ibrahim A. Nagnoor

KACH Community Champion 2020

M.B.B.S., M.D. Head Dept. of Public Health Yenepoya Medical college, Mangalore

10. Dr Narayan Goankar

KACH Community Champion 2020

Senior Health and Nutrition Specialist at UNICEF, Gandhi Nagar, Gujarat, India

11. Mr. H.L. Gundu Rao

KACH Community Champion 2020

Founder Trustee of Sri Ramana Free Clinic Trust, Community and Social service specialist

12. Dr. Avinash Shetty

KACH Community Champion 2020

Medical Superintendent, Professor, Department of Community Medicine, KMC, Manipal

13. Dr.Rangaswamy H V

KACH Community Champion 2020

Deputy Director, NCD wing, Dept. of Health & Family Welfare, Govt. of Karnataka

Day 1: Theme - Covid -19: The inside view

SN	Time	Program
1	2.00 - 3.00 pm	Inauguration and KACH awards Chief Guest- Dr. S. Sacchidanand, Honorable Vice Chancellor, RGUHS
2.	3.00 - 3.10 pm	Break
3.	3.10 - 3.40 pm	Shri.B.M.Patil Oration. Dr. Ajay, Director, TB Union
4.	3.45 - 4.45 pm	Parallel paper Presentations Hall A: Session 1: Oral paper PG (COVID) Hall A.docx Hall B: Session 2: Oral paper PG (COVID) Hall B.docx Hall C: Session 3: Oral paper Faculty (COVID) Hall C.docx Hall D: Session 4: Oral paper Faculty (COVID)Hall D.docx
5.	4.45 - 5.45 pm	Parallel paper Presentations Hall A: Session 5 - Oral paper PG (COVID)Hall A.docx Hall B: Session 6 - Oral paper PG (COVID)Hall B.docx Hall C: Session 7 - Oral paper PG (COVID)Hall C.docx Hall D: Session 8 - Poster Faculty Hall D.docx
6.	5.45 - 6.15 pm	KACH Talks <ul style="list-style-type: none"> • Message to Community Medicine Postgraduates - Dr. M.K. Sudarshan, Chairman, Technical Advisory Committee for COVID-19, GoK • Global Health Security- Dr.Giridhar Babu, Professor & HOD, Life course Epidemiology, PHFI • Bruhat Bengaluru Mahanagra Palike (BBMP) Response to COVID-19 <ul style="list-style-type: none"> - Mr. Randeep, IAS, Special Commissioner, SWM, BBMP - Dr. Vijendra, Chief Health Officer, BBMP - Dr. Suresh, Medical Officer of Health, BBMP - Dr. Pretesh Kiran, Associate Professor, St. John's Medical College
7.	6.15 - 7.15 pm	Panel Discussion on COVID-19 response Moderator: Dr.Giridhar Babu, Professor & HOD, Life course Epidemiology, PHFI Panellists : <ul style="list-style-type: none"> • Dr. Sacchidananda, Hon. Vice Chancellor, RGUHS • Sri. M R Sreenivasa Murthy- IAS (Retd); Chief Executive GEF (M) • Mr. Pankaj Pandey, IAS, Health Commissioner, HFW services • Dr. Arundathi Chandrashekar- MD, NHM, GOK • Dr. Omprakash Patil- Director, HFW, GOK • Dr. Sudarshan MK; Chairman- State Technical advisory committee, GOK for COVID19 Response
8.	7.15 - 8.00 pm	Annual general Body Meeting

Day 2: Theme - MCH, NCD and Infectious diseases - under the lens of COVID-19

SN	Time	Program
1	11.30 - 12.30pm	Parallel paper Presentations Hall A: Session 9 – Poster PG Hall A.docx Hall B : Session 10- Poster PG Hall B.docx Hall C : Session 11- Poster PG Hall C.docx
	12.30 - 1.30 pm	Break
	1.30 - 2.30 pm	Parallel paper Presentations (MCH & Infectious diseases) Hall A: Session 12- Oral paper PG Hall A.docx Hall B: Session 13 - Oral paper PG Hall B.docx Hall C : Session 14- Oral paper Faculty Hall C.docx Hall D : Session 15- Oral paper Faculty Hall D.docx
	2.30 - 3.30 pm	Parallel paper Presentations (NCD) Hall A: Session 16 - Oral paper PG Hall A.docx Hall B: Session 17 - Oral paper PG Hall B.docx Hall C: Session 18 - Oral paper Faculty Hall C.docx Hall D: Session 19 - Oral paper Faculty Hall D.docx
	3.30 - 5.00 pm	KACH Talks Health and Family Welfare Services Response to COVID-19 and beyond <ul style="list-style-type: none"> • Managing and researching COVID-19 at the field level - Dr. Ganesh, Deputy Director, Health and Wellness Centre, Health and Family Welfare Services • COVID-19 management in Urban areas - Dr. Prabhudeva Gowda Deputy Director, NUHM, Child Health, Health and Family Welfare Services • Disease Surveillance in Karnataka - Dr. Padma, Deputy Director, State Surveillance Unit, Health and Family Welfare Services & Team • Provision of family welfare services during the pandemic - Dr. Chandrika Deputy Director, Family Welfare, Health and Family Welfare Services • Challenges in Oral Health delivery amidst COVID - Dr. Naveen, Oral Health Consultant, Health and Family Welfare Services Interruption of Parent to child transmission - Dr. Lalitha Hande, UNICEF consultant COVID vaccine deployment planning - Dr. Lokesh Alahari, Special officer, COVID-19 Consultant, WHO

Day 2: Theme - MCH, NCD and Infectious diseases - under the lens of COVID-19

SN	Time	Program
2	5.00 - 5.45PM	<p>Panel Discussion on “Did COVID-19 offset the NCD gains” the way forward</p> <p>Moderator: Dr. Nayanjeet Chaudhury, Director, RICPHI, RMC</p> <p>Panelists:</p> <ol style="list-style-type: none"> 1. Dr. Medha Y Rao, Principal and Dean, Ramaiah Medical College 2. Dr. Prashanth Mathur, Director, National Center for disease informatics and research, Indian council of medical research, Bengaluru. 3. Dr Manjunath CN, Director and Senior Professor of Cardiology, Sri Jayadeva Institute of Cardiovascular sciences and research, Bengaluru 4. Dr. Rangaswamy H.V, Deputy Director, NCD, I/c Joint Director, DJD office, Bangalore Division 5. Dr. Rajani P, Deputy Director, Mental Health, Directorate of Health and Family Welfare, Bangalore, Karnataka 6. Dr Swaroop N, Thematic Lead - Comprehensive Primary Health Care, KHPT, Bengaluru.
3	5.45 - 6.15PM	<p>KACH talks</p> <ul style="list-style-type: none"> • District Response to COVID-19 -Chikkaballapur District Health Team • Kshaya Muktha Karnataka & TB comorbidities - Dr. Anil Singarajipura, Deputy Director, Tuberculosis, Health and Family Welfare Services • Molecular epidemiology of SAR COV-2 in Karnataka - Dr. Ravi, Retd Professor, Virology, NIMHANS
4	6.30 - 7.15PM	<p>Panel Discussion on “Maternal and child health with the disrupted norm: A COVID perspective”.</p> <p>Moderator: Dr. Krishnamurthy Jayanna, Dean, Faculty of life Allied Health Sciences Ramaiah University of Applied sciences</p> <p>Panelists:</p> <p>Dr. Ashish Satapathy, WHO - India Dr. Salima Bhatia, Health Consultant , UNICEF Dr. Parimala Maroor, Additional Director, National Health Mission Dr. Rajani , DD Immunization Dr. Rajkumar, Deputy director, Maternal Health Dr. Sujani, Professor & HOD, Ramaiah Medical College & Hospitals</p>

Day 3: Redefining public health: COVID-19 and beyond

SN	Time	Program
1	11.00 - 12.30 pm	KACH millennium award category Hall A: Session 20 - Oral Paper PG & UG Hall A.docx Hall B: Session 21 - Oral Paper Faculty Hall B.docx
	1.30 - 2.30 pm	Parallel paper Presentations (Digital health., Medical education, Non-thematic) Hall A: Session 22 - Oral paper PG Hall A.docx Hall B: Session 23 - Oral Paper PG Hall B.docx Hall C: Session 24 - Oral faculty Hall C.docx
	2.30 - 3.30 pm	Parallel paper Presentations Hall A: Session 25 - Oral paper UG Hall A.docx Hall B: Session 26 - Oral/ Poster UG Hall B.docx
	3.30 - 5.00 pm	KACH Talks Medical Institution Responses to COVID-19 <ul style="list-style-type: none"> • Setting up Dedicated COVID Hospital in a tertiary setup - Dr. Harish. K, Associate Dean and Vice Principal, Ramaiah Medical College and Hospitals • Deployment of Human resources for COVID-19 management - Dr. Mohd. Aslam, Professor of Medicine, Ramaiah Medical College • Strengthening Infection Control Practices during COVID-19 - Dr. Vijayashree T, Professor of Medicine, Ramaiah Medical College and Hospitals • Experiences and challenges of a COVID nodal officer - Dr. Shalini Pradeep, Professor, Community Medicine, Ramaiah Medical College • Post-COVID care: Need of the hour- Dr. Naresh Shetty, President Ramaiah Memorial Hospital • Biomedical Waste Management in COVID-19 - Dr. K. Lalitha, Professor and Head, Community Medicine, Ramaiah Medical College SDG 2030: Getting there - Dr. Krishnamurthy Jayanna, Dean, Faculty of Life and Allied Health Sciences, Ramaiah University of Applied Sciences Active Case Finding in TB & Community participation in TB - Dr. Anil Singarajipura, Deputy Director, Tuberculosis, Health and Family Welfare Services

Day 3: Redefining public health: COVID-19 and beyond

SN	Time	Program
2	5.00 - 5.45 pm	<p>Panel Discussion on “Digital India – The new leveler?”</p> <p>Moderator: Dr. B.S. Nanda Kumar, Associate Professor, Community Medicine</p> <p>Panelists:</p> <ul style="list-style-type: none"> • Dr. Trilokchandra, IAS, Commissioner, Employment & Training, GOK, Special officer, Critical care support unit • Dr. Chandil Gunashekar, Director, E-healthenablers, Chairman, HL-7 • Dr. Arun, Deputy Director, E- Health, HFW services, GOK • Dr. Arkalgud Ramprasad, Emeritus Prof., UIC; Director, Ramaiah public Policy centre • Dr. Vijaya Bhaskar reddy , Consultatmt physician, associate Professor (ADj) • Dr. Ananda giri , Incident Director, COVID-19 response & professional Lead Consultant for Health protection, Public Health Wales • Dr. Sudhir Prabhu, Associate Professor, Father Muller medical college.
3	5.45 - 6.15 pm	<p>KACH talks - Universal Health Coverage</p> <ul style="list-style-type: none"> • Implementation of Universal Health Coverage during crisis - Dr. Sudashree C, Senior Consultant, World Bank and Tata Trusts (Supporting Health System Transformation Platform), Former Medical Director, SAST • Ayushman Bharat Arogya Karnataka - Dr. Aditi K, Consultant 1 & Dr. Kiran Kumar, Consultant, Ayushman Bharat Arogya Karnataka • Suvarna Arogya Suraksha Trust - Dr. Regina, Project Manager, Suvarna Arogya Suraksha Trust
4	6.15 - 6.45 pm	<p>Implementation of CBME for UG in community Medicine - Challenges and way forward</p> <p>Moderator: Dr. Suman G</p> <p>Panelists:</p> <p>Dr. Ranganath TS, Prof & HOD, Community Medicine, BMCRI</p> <p>Dr. Praveen Kulkarni , Associate Professor, JSS</p> <p>Dr. Subhash Babu P, Associate Professor, MIMS, Mandya</p> <p>Dr. Farah, Associate Professor, SJIC</p> <p>Dr. Rizwana, Assistant Professor, KIMS, Hubli</p>
5	6.45 - 7.45 pm	<p>Valedictory and conference award announcements</p>

“Redefining Public Health: COVID-19 and beyond...”

Valedictory Schedule

23.12.2020

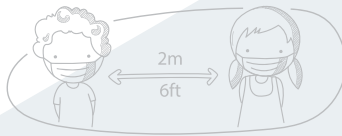
TIME	PROGRAM DETAILS	
6:45 - 6:58 PM	Ramaiah Anthem	
6:58 - 7:00 PM	Welcome address	Dr Medha Y Rao Principal and Dean, Ramaiah Medical Collge
7:00 - 7: 05 PM	Proceedings of the conference	Dr Lalitha K Organizing Chairperson, KACHCON 2020
7: 05 - 7:15 PM	Release of sovniar & address by the chief guest	Mr Jawaid Akhtar, IAS Principal Secretary to Govt of Karnataka Health and Family Welfare Services
7:15 - 7:40 PM	Felicitation of public health specialists	Mr Jawaid Akhtar, IAS Principal Secretary to Govt of Karnataka Health and Family Welfare Services
		Shri Pankaj Kumar Pandey, IAS Commissioner Health & Family Welfare Govt of Karnataka
		Dr Arundathi Chandrashekhar, IAS MD, National Health Mission, Bengaluru
		Dr Ramakrishna Reddy Registrar Evaluation, RGUHS, Bengaluru
7:40 - 7:55 PM	Announcement of awards for scientific sessions	
7:55 - 8:00 PM	Vote of Thanks	Dr Nanda Kumar Organizing Secretary KACHCON 2020

NATIONAL ANTHEM



LIST OF ABSTRACTS

by Faculty / PG / Students



DAY 1

HALL A - Session 1 - Oral PG [Theme -COVID]

Title : Stress among school teachers during COVID -19 pandemic

Authors : Dr Lamees K C, Lamiya kk, Dr Sheela p Haveri

Institution name : MES Medical college

Registration Id : RMCKACH0113

Type of presentation : Oral

Background: Covid 19 pandemic has put forward new perspectives into education, a paradigm shift from realistic to virtual platform. This study aims to throw light on mental challenges of teachers evaluating the stress they are subjected to.

Objectives: To assess the prevalence of mental stress among teachers handling online classes during COVID 19 pandemic and to find out the risk factors of mental stress in them.

Methods: A cross section study was conducted using online platform with the help of pre designed questionnaire from school teachers conducting online classes during covid 19 pandemic. Sample size was calculated to be 173 . Mental stress was assessed with the help of Perceived stress scale (PSS), which consist of 10 questions.

Results: Of the 199 study population, majority (76.4%) of teachers are under moderate stress and 15.1% are under mild stress. 8.5 % of teachers were having high perceived stress. There was a significant association between perceived stress and hours of online classes taken, prolonged screen time, facilities for online class provided by school and on level of communication with students during online classes.

Conclusion: It was concluded from our study that online classes create a moderate amount of stress among majority of teachers. So a proper training should be given for teachers on stress management and to conduct effective online class.

Title : Assessment of Sleep Pattern During Covid-19 Pandemic in Urban Chitradurga - A Cross Sectional Study

Authors: : Bhoovanachandaran M, Vijayalaxmi M

Institution name : Basaveshwara Medical College and Hospital, Chitradurga, Karnataka

Registration Id : RMCKACH0124

Type of presentation : Oral presentation

Introduction: Sleep is a physiological process which highly depends on environmental and social cues and varies substantially with the level of stress. The present pandemic has affected sleep, hence the study was conducted in urban Chitradurga to assess the sleep pattern during covid-19 pandemic.

Objectives: - To assess the sleep pattern during COVID-19 pandemic
- To assess the quality of sleep during COVID-19 pandemic.

Materials and methods:

Type of study: Cross sectional study.

Study population: General population of urban Chitradurga.

Sample size: 196

Study duration: June 2020 to September 2020.

Sampling method: Convenient sampling

Data entry: The data thus collected was compiled and analyzed using Statistical Package for Social Services (SPSS vs 20).

Results: 44.9% of participants practiced 6-7 hrs of sleep before Covid 19 which was decreased during covid-19 pandemic (33.2%). The Association between gender and change in quality of sleep during pandemic and also association between the number of sleep hours affecting study participants before and during covid-19 pandemic was found to be statistically significant with p value <0.05.

Conclusion: Public health awareness regarding the importance of good sleep quality to maintain their mental and physical health during COVID-19 pandemic.

Keywords: COVID-19, Pandemic, Pattern, Sleep.

Title : **A cross-sectional study of impact of COVID-19 on utilization of ABArK (Ayushman Bharat-Arogya Karnataka) scheme in Mc-Gann hospital, Shimoga.**

Authors : **1. Dr Anitha B.P,** Dr Praveen Kumar N, Dr Swathi H.N, SIMS, Shimoga

Institution name : SIMS, Shimoga

Registration Id : RMCKACH0126

Type of presentation : Oral

Background: Arogya Karnataka was started on 2/3/2018 by Government of Karnataka for providing universal health coverage to all residents of state. The Government of India later introduced Ayushman Bharat. Both the schemes were merged under new scheme called “Ayushman Bharat-Arogya Karnataka” and was being implemented from October 30, 2018. The study was conducted to know the impact of COVID-19 on utilisation of ABArK facilities.

Objectives: To know the impact of COVID-19 on utilisation of ABArK scheme.

Methods: It was a cross-sectional, analytical study of utilisation of ABArK services in month of April, May and June 2019 to that of 2020 in same months. Secondary data was collected from ABArK office regarding number of patients utilising ABArK services, among them how many were APL and BPL card holders, how many were males and females and the speciality they were referred to. Chi-square test was used to compare proportion between both years.

Results: majority people utilised ABArK services during 2020 (April-7.5%, May-1.9%, June 1.5%) compare to 2019 (April 0.8%, May 0.7%, June 0.6%) which was statistically significant for all three months ($P < 0.001$). BPL card holders and male patients were comparatively more in 2020. But on comparing with 2019, it was statistically not significant. Among 20 specialities referred during April, May, June in 2019 majority were in cardiology (19.7%), neurology (22.2%) and cardiology (28.1%) respectively. In 2020 April, May, June majority was in medicine (27.6%), orthopaedic (19.5%) and oncology (23.5%) respectively.

Conclusion: Even during the COVID-19 times the utilisation of ABArK facilities were more. So, such schemes are recommended.

Keywords: ABArK, impact of COVID-19, utilisation, patients.

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Title : A cross sectional study to assess knowledge for infection control practices during COVID 19 pandemic among healthcare workers in Victoria hospital, Bengaluru

Authors: : N.G.Pradeep kumar, Postgraduate, Community medicine, Bangalore Medical College and Research Institute

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0133

Type of presentation : Oral

Introduction: The COVID-19 pandemic has taken tragic proportions and has disrupted lives globally. Understanding the risks associated with severe acute respiratory syndrome corona virus 2 (SARS-CoV-2) transmission during health care delivery and assessing mitigation strategies for hospitals to improve patient safety and access to health care is crucial. Guidelines for triage, governmental guidelines for use of personal protective equipment (PPE) from doctor's point of view, precautions to be taken in the OPD, operating room and care of various equipments, the role of waste management sector also important in controlling the spread of COVID19 infection in the hospital. For all these they need to have adequate knowledge about infection control measures.

Objectives: To assess knowledge among health care personnel about infection control in Victoria hospital during COVID-19 pandemic.

Materials and methods: It was an online cross-sectional survey. A pre-tested semi structured self administered questionnaire was used. Based on previous study conducted by Amanya S B et al, the prevalence is 0.693. By using formula $4pq/L2$ sample size came out to be 85, by adding 10% attrition and rounding off the sample size came to be 100.

Results: More than half of the respondents reported being screened daily for temperature monitoring before entering the hospital premises. 90% were aware about the hospital infection control committee. Staff nurses reported that they were confused about the right sequence of donning and doffing of PPE kit.

Conclusion: Repeated training is required for adequate knowledge and implementation of infection control measures.

Keywords: COVID 19, infection prevention and control , health care workers.

Title : Assessing the perception and attitude regarding COVID-19 vaccine among the health care professionals: a cross-sectional online survey

Authors: : Sahanashree G, Selvi Thangaraj, Ranganath T S,

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0139

Introduction: Infectious disease pandemic of COVID-19 continues to be a global & public health challenge which warrants the development of treatment and effective preventive measures like vaccination. Since Healthcare professionals bear a crucial responsibility in conveying the necessity of vaccination to patients amidst pandemic, their perception and attitude have a critical role in the acceptance of vaccination by patients.

Objectives: To assess the perception and attitude regarding COVID-19 vaccine among the health care professionals.

Materials and methods: An ongoing Cross Sectional online Survey is being conducted in December among the doctors of a Government Medical College in Bengaluru. A total of 110 study participants are being interviewed using google forms, using a pretested semi-structured questionnaire. The obtained data will be analysed using SPSS by descriptive and inferential statistics.

Results: Results awaited

Conclusion: Adequate

Keywords: Vaccine hesitancy, Health care professionals, Attitude.

Title : COVID-19 pandemic – its effect on PTB patients in Bangalore; a cross sectional study

Authors: : Vinaykumar Ganesh Hegde, Saraswati S, Ranganath T S

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0140

Type of presentation : Oral

Introduction: Covid-19 pandemic is exploiting the world's inequities in health, making tuberculosis even deadlier in turn. Although India aims to eliminate TB by 2025, the lockdown was a major hurdle to TB patients and may result in a delay in diagnosis, treatment interruptions and disease transmission in household contacts. Lockdown has also forced many migrant workers to return to their homes, leading to treatment interruption. With this background the present study is attempting to identify the problems faced by new pulmonary TB patients in Bruhat Bengaluru Mahanagara Palike.

Methodology: There are 34 tuberculosis units in BBMP area. 10 TU's were randomly selected from these TU's. A total of 175 new drug sensitive PTB patients aged more than 18 years were identified from this 10 TU's who were notified in the month of September and October 2020. A cross sectional study was conducted using a semi-structured questionnaire. The data was collected through telephonic interview after obtaining oral consent. We collected information related to the patient's experience and difficulties faced during this lockdown period.

Results: A total of 149 patients were contacted (call was not responded in remaining 26 patients). The initial analysis identifies 72 male and 77 female patients. The complete results awaited as analysis is going on.

Conclusion: Covid-19 pandemic is exploiting the world's inequities in health, making tuberculosis even deadlier in turn. Although India aims to eliminate TB by 2025, the lockdown was a major hurdle to TB patients and may result in a delay in diagnosis, treatment interruptions and disease transmission in household contacts. Lockdown has also forced many migrant workers to return to their homes, leading to treatment interruption. With this background the present study is attempting to identify the problems faced by new pulmonary TB patients in Bruhat Bengaluru Mahanagara Palike.

Keywords: Tuberculosis, Covid 19, lockdown, diagnosis, treatment

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HALL B - Session 2 – Oral PG [Theme -COVID]

Title : **Assessment of sleep deprivation and the factors causing it among staff nurses working for COVID 19 night shift in a tertiary care hospital in Bengaluru**

Authors: : Iswarya, Ranganath T S

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0143

Introduction: Sleep deprivation can be defined as “obtaining inadequate sleep to support adequate daytime alertness”. Healthcare workers being the frontline warriors of COVID-19 may have quality of sleep compromised in those who are frequently involved in extended working hours and shift work which is found to be more common among nurses.

Objective: To assess sleep deprivation among the staff nurses working for COVID night shift in a tertiary care hospital in Bangalore. To determine the factors causing sleep deprivation among them

Methodology:

Study design: Cross sectional study.

Study area: Tertiary care hospital in Bengaluru City.

Sample size: Based on the study conducted by Deepa et al, the sample size was calculated as 175.

Study duration: from 16/10/2020 to 30/11/2020

Study Population: Nursing Staff of the tertiary care hospital in Bengaluru

Sampling method: Simple random sampling

Data collection: A pre validated questionnaire Ep worth Sleepiness Scale along with details on socio-demographic profile is self-administered for the study using google forms.

Results & Conclusion:

Out of the 175 participants surveyed, majority of the study participants were male nursing staff (99, 57%). Poor sleep quality (ESS score >5) was observed among 61% of night shift working nurses, of which majority were belonging to the Higher normal daytime sleepiness (30%) group. The mean ESS scores obtained is 9.26±3.9. This study cited the frequency of sleep deprivation according to ESS scores and factors like thirst, hunger, stress, odd duty timings in the night as the factors which affect their sleep.

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Title : Persistence Of Symptoms In Post- Discharge Covid 19 Patients In The Urban Field Practice Area Of Bangalore Medical College And Research Institute - A Cross Sectional Study

Authors: : Riya George, Kishore S.G.,Ranganath T.S
Institution name : Bangalore Medical College and Research Institute
Registration Id : RMCKACH0145
Type of presentation : Oral presentation

Introduction: Preliminary reports indicate some patients may develop“Post-COVID-19 syndrome,” in which they experience persistent symptoms after recovering from their initial illness. Little is known about the post-discharge course of patients and its long-term trajectory. Understanding the recovery of COVID-19 patients will define how care should be provided post-discharge.

Objectives: To determine the prevalence of symptom persistence in post-discharged COVID-19 patients in the urban field practice area of BMCRI.
To assess the risk factors associated with symptom persistence.

Methodology:

Study design: Cross sectional study.
Study Population: Discharged Covid-19 positive patients
There were 326 cases of Covid-19 reported under the urban field practice area of BMCRI from April till October. Total number of discharges were found to be 314, patients who were symptomatic at the time of testing or during hospitalization were found to be 112, out of which 90 of them gave consent.
Data collection: The data was collected using a semi-structured pre-validated questionnaire by telephonic interview of Covid-19 discharged patients. The data was entered in MS Excel and analyzed using SPSS software ver. 20.0.

Result and Conclusion:

41.3% had persistence of symptoms post discharge. Fatigue was the most common persistent symptom. Age(>50 yrs),hospitalization(74%),obesity ,smoking were associated with symptom persistence.Since only telephonic survey was conducted, a proper clinical examination of the patients and investigations are required to find out the actual cause behind persistence of symptoms and to rule out other causes other than Covid infection.

Keywords: Covid-19,Home isolation, Post-discharge, Symptom Persistence

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Title : A Cross-Sectional Study on Domestic Violence among Married Women during COVID-19 Lockdown Period

Authors : Raghavendra D , Geeta V Bathija, Dattatraya D Bant

Institution name : Karnataka Institute of Medical Sciences, Hubballi

Registration Id : RMCKACH0159

Type of presentation : Oral

Background: One in three women experience violence in an intimate relationship at some point of their lives. Domestic violence against women has been considered as a major contributor to physical and mental ill health of women. As a result of COVID-19 pandemic, mandatory lockdowns have been imposed in many countries including India, which has led the women to get trapped within homes with the perpetrators of violence.

Objectives: To know the prevalence of domestic violence among married women during COVID-19 lockdown period and to understand the socio-demographic factors associated with it.

Methodology: A cross-sectional study was conducted in May-June 2020 in which the data were collected by self-administered questionnaire from 130 married women of reproductive age group i.e., 18-49 years.

Results: The prevalence of domestic violence among married women during COVID-19 lockdown period is about 44% in the study which represents the proportion of the study participants who scored more than median in the Wife Abuse Screening Tool. The study found statistically significant association between WAST Score, and the score obtained from the opinions of the study participants about the impact of lockdown. However, no significant association was found in the extent of mistreatment or violence experienced before and after implementation of lockdown.

Conclusion: Almost half of the study participants scored high on WAST scale indicating the presence of domestic abuse. The main perpetrators of violence were found to be the partners and the most common reason was ego conflict, followed by alcoholism, frustration, and confinement due to lockdown.

Title : A Cross-Sectional Study to Assess Knowledge and Practice of Preventive Measures of Covid- 19 in the Rural Area of Achrol, Jaipur, Rajasthan.

Authors: : Bachaspatimayum Anuradha Devi

Institution name : National Institute of Medical Sciences and Research, Jaipur, Rajasthan

Registration Id : RMCKACH0174

Type of presentation : Oral presentation

Introduction: World is facing immense problem due to COVID-19 pandemic. In this situation, India is also handling tough task to control the virus. Hence, well-versed about COVID-19 is very important and crucial roll by every citizen of India to resist the growth of COVID-19.

Objectives: To assess knowledge and practice of preventive measures among the people residing in rural area of Achrol, Jaipur.

Methodology: A cross-sectional study was conducted among 200 participants for a period of 1st September to 31st October 2020 with a predesigned questionnaire. Study participants were between the age group of 18 - 70 years. Sampling and statistical analysis was done by convenience random sampling and Microsoft excel respectively.

Results: According to statistical analysis about 85% of individual have knowledge about COVID-19. 36% were not followed practice of preventive measures. People are not following social distancing norm, when and how to used mask in social gathering.

Conclusion: Interventions are important to resist the pandemic and to make people to follow strict government protocols and to assure individual to practice preventive measures. It is therefore, without each and every individual support, it may not be possible to control this pandemic.

Keywords: COVID-19, Pandemic, Jaipur, Knowledge, Practice.

Title : **Prevalence of Depression and its associated factors during COVID-19 pandemic lockdown in rural area of Perambalur, Tamilnadu – A Cross sectional study**

Authors : **R. Soundararajan**, Rajkumar S, Vijayalakshmi S

Institution name : Dhanalakshmi Srinivasan Medical College And Hospital Perambalur, Tamilnadu

Registration Id : RMCKACH0181

Introduction: Ageing comes with the myriad of physical, social and mental health issues. When ageing coupled with Corona Virus Disease 2019 (COVID-19) with alarming infectivity rate has caused widespread mental and psychological impact particular on rural populations. So, this study was aimed to assess the prevalence of depression among geriatric population during COVID-19 pandemic in rural area of Perambalur district, India.

Methods: The cross sectional study was conducted among geriatric population in rural area of Perambalur district during June-July 2020. Self-structured questionnaire, Beck's Depression inventory questionnaire were used to assess the socio economic and depression caused during COVID-19. Total 150 geriatrics participated the survey. Data were analysed in SPSS 16 and represented in appropriate statistical tests. Ethical Clearance obtained from the institute.

Results: The mean age of the participants were 66 years. Majority of them were Females (56.7%). Prevalence of depression during COVID-19 among geriatrics population was 58%. Positive correlation was found between age and depression. Higher Odds were found among fear of COVID transmission (8.5), Isolation (7.8), Literacy (7.4), marital status (5.7), Not having own income (3.3) and females (2.5) with significant p value.

Conclusion and recommendations:

During COVID-19, the prevalence of depression among geriatric found to be high. Factors like fear of COVID-19 transmission, isolation, literacy, marital status, not having own income and female can be used to contrive effective social, mental and psychological support strategies to cope up COVID-19 pandemic and to create awareness about the geriatric depression among the primary family members.

Keywords: Depression; prevalence; socio-demographic factors, BECKs inventory scale

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Title : Prevalence Of Common Mental Health Conditions And The Associated Risk Factors Among The General Public In The Urban Slums Of Bengaluru During Lockdown.

Authors: : Hema M S , Selvi Thangaraj, Vani H C, Ranganath T S

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0184

Type of presentation : Oral presentation

Introduction: The COVID-19 pandemic has posed immense health, economic and social challenges to the human population across the globe. Like many other countries, a complete lockdown was imposed in India during March 2020 to curb the exponential rise of cases.

Previous studies have shown that prolonged periods of social isolation and restricted mobility can adversely affect the mental well-being.

Objectives: To estimate the prevalence of Depression, Anxiety and Stress and to identify the associated risk factors contributing to the same among the general public living in the urban slums during lockdown.

Methods of Collection of Data:

A Cross Sectional Study was conducted from March to April 2020 among the general public living in the urban slums in the field practice area of a Government Medical College in Bengaluru. A total of 190 study participants were selected by simple random sampling, interviewed over telephone using a pretested semi-structured questionnaire including sociodemographic details and DASS-21. Data was collected using EpiInfo App and analysis done using SPSS software.

Results: 113(53.5%) of the respondents were males and 77(40.5%) were females. The prevalence of Stress and Anxiety were found to be 4.73% each and that of Depression was found out to be 13.15% with male preponderance. Majority (32.6%) of the respondents were apprehensive about the loss of work/unemployment due to lockdown and demanded financial support from the government. There was a statistically significant association between history of contact with a confirmed positive case of COVID-19 with Stress (p-value=0.145), Anxiety (p-value=0.000) and Depression (p-value=0.000).

Conclusion: Lockdown had an adverse mental health outcome among the poor urban slum population. This warrants the extension of mental health services to the general public during the pandemic.

Keywords: lockdown, depression, anxiety, stress

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HALL C - Session 3 - Oral Faculty [Theme - COVID]

Title : Risk Assessment of COVID-19 Infection among General Population

Authors : Dr Vijayalaxmi Mangasuli¹, Dr Amrutha AM², Dr Bhoovanachandaran³, Dr Bhagyashree K⁴

Institution name : Basaveshwara Medical College and Hospital, Chitradurga, Karnataka.

Registration Id : RMCKACH0110

Type of presentation : Oral presentation

Introduction: The COVID-19 pandemic has been transmitted worldwide rapidly. The best ways of preventing this virus are to know about and act accordingly.

Objectives: To assess the risk of COVID-19 infection among general population.

Methodology: A cross sectional study was conducted among general population of Chitradurga district to assess the risk of infection through their daily practices. Questionnaire consists of their demographic data such as age, gender, education, occupation, residence, monthly family income, marital status and recent travel history. The data was collected and then entered into an Excel sheet which was further analyzed in SPSS version 20.

Results: Among 185 study participants, majority were elders (>60 years) i.e 25.5%, 100 (54.05%) were males, 108 (58.37%) belonged to nuclear family. Among population, 32.08%, and 44.30% people were in high, and in medium risk of infection respectively. Everybody is in risk. Among socio-demographic variables education, type of family and travel history were significantly associated with risk of infection

Conclusion and recommendations: The attitude and practice towards COVID 19 during pandemic was not so impressive. Proper health education and mass awareness programs would be helpful to improve the same.

Keywords: Assessment, COVID 19, Infection, Risk score.

Title : Knowledge Attitude Practice among adolescent school going children towards COVID-19 in Kolar

Authors: : Varsha R Mokhasi, Alamelu K, Muninarayana C

Institution name : Sri Devaraj Urs Academy of Higher Education and Research

Registration Id : RMCKACH0086

Type of presentation : Oral presentation

Introduction: The coronavirus disease 2019 emerged in Wuhan, China at the end of 2019. KAP studies provide baseline information to determine the type of intervention required to change the misconceptions. Assessing the KAP among the adolescents would be helpful to provide better insight to address poor knowledge about the disease and to develop preventive strategies.

Objectives: To assess knowledge, attitude, and practice of adolescent school going children towards coronavirus disease 2019 (COVID-19).

To assess the impact of poor knowledge on their hygiene practices towards COVID -19

Materials and Methods: A Cross sectional study was conducted among 200 school going adolescents using an adaptation of a study among Chinese residents' KAP towards COVID-19 via Google forms and communicated through the school online learning platforms. The consent and assent from the parent and child respectively by an option in the form.

Results: Among the 200 adolescents included in the study, 78% had good knowledge (score >11 out of 16), 82% had positive attitude towards preventive measures against the disease (score >7 out of 10) and 69% followed hygienic practices (score >5 out of 6). Multiple regression analysis to assess factors influencing practices revealed that poor knowledge was significantly associated with poor safety practices (p value <0.05).

Conclusion: This study shows they have good knowledge about COVID-19 and the required protective measures. Those with good knowledge were shown to exhibit promising behaviour pattern in their attitude and practices as well. Adolescents can be an important resource to mitigate risks in the community during the COVID-19 crisis. Therefore, schools need to be more involved in providing health education for adolescents with more emphasis on the health protective behaviours.

Keywords: COVID 19, Knowledge, Attitude, Practice, Adolescent

Title : A cross sectional study on myths and misconceptions regarding usage of masks during Covid-19 pandemic among the general population in Hubli, Karnataka.

Authors : Sushma R H, Bushra Jabeen, D D Bant

Institution name : Karnataka Institute of Medical Sciences, Hubli

Registration Id : RMCKACH0167

Type of presentation : Oral presentation

Background: In humans, Covid-19 is known to cause respiratory infections ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS). Covid-19 prevalence across the world as of May 1, 2020, has been confirmed in over 3.3 million individuals worldwide . Health agencies have strongly recommended the use of facemask as a precaution from cross-transmission and it is necessary.

Objectives: -To determine the myths and misconceptions regarding use of face masks
-To understand which type of masks are good for preventing the entry of virus.

Methodology: A cross sectional study was conducted among 204 people,using a semi-structured questionnaire through google forms.Persons aged above 18 years and who consented were chosen, data collected for a period of one month,entered in MS Excel and analysed.

Results: 82% belonged to 18 to 35 years ,64% were graduates, most of the participants agreed that they used facemask sometimes and majority used cloth masks.39.2% were aware of the use of facemasks.94.3% washed their hands frequently using a sanitiser,89.7% people know that covid-19 can spread through droplets and 86.6% of people will continue using masks even after lockdown ends.

Conclusion : Covid-19 in humans has been unique and no single strategy have proven to successfully contain the outbreak. The impact on the public health due to limited effective clinical treatment is inevitable, the study shows the extensive use of facemasks coupled with comprehensive campaigns and other environmental hygiene measures is a vital strategy which helps to mitigate the COVID-19 epidemic impact.

Keywords: Covid-19 pandemic, masks, misconceptions

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Title : A Cross-Sectional Study on Knowledge, Attitude, Practice Regarding COVID19 and Its Apprehension among House - Surgeons.

Authors: : Bushra Jabeen, Sushma H R, D D Bant

Institution name : ESIC medical college and hospital, Kalburgi

Registration Id : RMCKACH0173

Type of presentation : Oral presentation

Introduction: The outbreak of coronavirus has created a global health crisis. Reported to WHO on 31 December 2019, this has infected over 6 million worldwide. Spread over 185 countries, taken the life of 402,170 people. Around 3 million patients have been treated, with a recovery rate of 89%. Health care workers are seen risking their everything for the welfare of the people. The viral challenge is testing them physically as well as mentally.

Objectives: - To assess prevailing knowledge, attitude and practice
- To assess the apprehension of COVID19 among house-surgeons

Methodology: This is a cross-sectional study wherein, data was collected using a semi structured questionnaire from a sample of 100 house surgeons. Total duration of study was 57 days.

Results: The study revealed that around 31% of the house-surgeons had adequate knowledge regarding COVID19, 56% has positive attitude and 30% followed healthy habits in regard to prevention and control of COVID19. To enumerate, some of the apprehensions of COVID-19 among the house surgeons are; fear, anxiety, emotional breakdown, trouble in concentrating during work, changes in eating habits, sleep disturbance.

Conclusion: Despite the inadequacy of materials in hospitals, house-surgeons are doing their best with a positive outlook at the problem and following the available guidelines for prevention and control of the pandemic. Though, they are worried about the safety of their families, but this hasn't stopped them from working for excruciating hours. There is need of improving spread of universal guidelines and also materials required to follow the same.

Keywords: COVID19, Apprehension, House surgeons, KIMS, KAP.

Title : Behavior of face mask usage during COVID-19 pandemic lockdown - A community based cross sectional study

Authors : Pavithra Chelvaraj, Suman G, Lalitha K

Institution name : Ramaiah Medical College

Registration Id : RMCKACH0166

Type of presentation : Oral presentation

Introduction: On 31 December 2019, the world awakened to a new disease COVID-19 which became pandemic in a short span. The current new norm, mandatory "mass masking" is one of the strategies to prevent the transmission of COVID-19. Improper usage, maintenance and disposal of face mask is hazardous. Hence, a community based study was carried out to know the behavior of face mask usage in the community.

Objectives: To study the behavior of face mask usage in urban and rural community.

Methodology: A community based study on 4261 adults aged above 18 years in urban and rural field practice area was conducted using a structured questionnaire consisting of demographic profile, co-morbidities, type, usage of mask at various settings, maintenance & its disposal. Health education was imparted through pamphlets in awake of the pandemic.

Results: It was found that 98.6% & 67% used face mask in urban & rural areas respectively. Among the mask users, 67% used it to protect themselves where as 8.4% used as it is mandatory. Only reusable cloth mask was used by 77.2% and 17.4% used only disposable (surgical /N95) masks. Out of the disposable mask users, 62.3% washed and reused the mask and 94.4% disposed it along with household waste.

Conclusion : As a large proportion of people were not aware of the proper usage and disposal of mask, community awareness regarding maintenance and safe disposal of mask needs to be emphasized to prevent hazardous effects to both human & environment.

Keywords: COVID-19, pandemic, mask, behavior, urban & rural

HALL D - Session 4 - Oral faculty

Title : Demographic and clinical profile of patients with COVID19 in urban slums of Bengaluru

Authors: : Sridevi N H, Ranganath T S
Institution name : Bangalore Medical College and Research Institute
Registration Id : RMCKACH0212
Type of presentation : Oral presentation

Introduction: The world health organization reported more than 62.7 million COVID-19 cases with more than 1.46 million deaths globally. India contributing to 9.43 million cases of COVID-19 with 137 thousand deaths of which Karnataka contributes 883 thousand cases and 11,750 deaths. It is very important to identify the clinical and demographic characteristics of patients to know the pattern of disease and identify vulnerable people.

Objectives: To describe the demographic and clinical profile of patients with COVID-19.

Methodology: This community based prospective study was conducted in the urban slums of field practice areas of Bengaluru medical college and research institute. All the patients with COVID-19 from April 2020 to November 2020 were included in the study. Each patient was interviewed telephonically by a trained interviewer to collect details on demographic and clinical profiles.

Results: During the study period, 328 patients with SARS-CoV-2 infection were interviewed. 317 (96.6%) patients recovered from COVID 19 and got discharged. 159 (48.47%) patients were given home isolation and the remaining 169 (51.5%) needed hospital admission and were treated at the designated COVID 19 hospitals. 13 (3.9%) of them succumbed to death.

Conclusion: Majority of the patients with COVID-19 infection were young and asymptomatic. Patients with comorbidities were more vulnerable to complications.

Title : Far from over, the COVID 19 response and adaptation: A cross sectional study in rural area of Southern Karnataka

Authors : Shashikantha S K
Institution name : Adichunchanagiri Institute of Medical Sciences, B G Nagara
Registration Id : RMCKACH0193
Type of presentation : Oral presentation

Introduction: COVID 19 pandemic has shattered the lives of lakhs of people, all over the world. The infection has already killed lakhs of people and many are still in severe disease category. The vulnerable populations may include older adults, people living in densely populated areas, people with lower socioeconomic status, migrants and minorities.

Objectives: To estimate the COVID 19 awareness, as well as economic adaptation and health problems faced by a rural community due to COVID 19.

Materials and Methodology:

A cross sectional (observational) study was conducted in the month of September 2020, on 954 randomly selected subjects in the field practice area attached to Adichunchanagiri Institute of Medical Sciences, B G Nagara. A pretested interview schedule was used to estimate the awareness and response of the subjects to COVID 19.

Results: The mean age of the participants was 49.61 ± 13.35 years. Nearly 90% of the respondents mentioned COVID 19 as a major disease affecting people. Eighty percent felt COVID poses a major threat to human life. Nearly 80 % of them felt that coughing by an infected person as the major route of spread. More than 1/3rd of the respondents mentioned combination of Hand washing, isolation, social distance and mask usage as the best way to prevent COVID 19. As per the subjects, 2 out of 10 COVID infected will die. The mean family income/month was Rs 15354 in pre-COVID compared to Rs 11201 in COVID period. One third of respondents had to visit a health center nearby for health issues.

Conclusion : The immediate response and adaptation of the rural community to COVID 19 pandemic needs to be studied at large as the pandemic has affected almost all the people in the world.

Keywords: COVID-19, Awareness, Response, Adaptation, Economic and Health issues

Title : Psychological impact and stressors of being Quarantined following exposure to COVID-19 –A mixed methods study

Authors: : Amrita N Shamanewadi

Institution name : MVJ Medical College and research hospital

Registration Id : RMCKACH0256

Type of presentation : Oral presentation

Background: Quarantine on being exposed to Covid-19 is often an unpleasant experience for those who undergo it. There are few studies in our country on the quarantined people following exposure to COVID-19. So this study will be done to explore the various stressors and to examine the psychological impact of the quarantined people following exposure to COVID-19.

Objectives: To assess the psychological impact of being quarantined following exposure to Covid19 and To understand the various stressors of being quarantined. **Material and methods:** It is a two phase explanatory mixed methods study. The people who were quarantined (following either history of contact with a COVID-19 patient or history of recent travel were taken. Basic Socio demographic data was collected with the help of a pre designed pretested semi-structured schedule. For assessing the psychological impact of quarantine validated scale named Impact of Event scale- Revised (IES-R) will be used. Informed consent will be taken prior to the start of the study. In-depth interviews will be conducted face to face or telephonically. For quantitative data – means will be calculated to summarize continuous variable. For categorical variables, group proportions will be calculated. For qualitative data - Descriptive content analysis of the transcripts will be performed manually to generate categories and themes. The results will be reported using “consolidated criteria for reporting qualitative research” (COREQ guidelines).

Results: The analysis of the transcripts is ongoing. It will be completed in 1 week.

Keywords: Quarantine, Unpleasant, Non pharmacological intervention

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Title : COVID anxiety among Frontline Health care workers in a COVID care center: A hospital based study

Authors : Pradeep Tarikere Satyanarayana, Prasanna Kamath, Ravishankar

Institution name : Sri Devaraj Urs Academy of Higher Education and Research

Registration Id : RMCKACH0281

Background: The spread of COVID 19 throughout the world has strained many aspects of human day to day activity. One sector which has been working untiringly since the pandemic emerged is health care sector.

Aims: So the study was planned to assess the Anxiety, Stress and Work & social adjustment and factors influencing the same.

Settings and Design: This was hospital based study carried out for period of 4 months from July to October 2020 in a COVID-19 Care center, Kolar.

Methods: Study participants were frontline health care workers (FLHCW) like doctors and nurses who were part of Covid care of patients who had not contracted the infection, working in COVID related wards and Out-patient department. Sample size was calculated based on previous study which was 360.

Statistical analysis used: Descriptive statistics applied where ever needed and to check for association between factors Chi-square was applied with level of significance defined as p value less than 0.05. Multinomial logistic regression was done to identify the factors.

Results: Out of 362 FHCWs, 142(39.2%) belonged to age group of 21-25 years, 243(67.1%) were female FHCW, 86(23.8%) were Junior Residents, 105(29%) were working in COVID ward, 187(51.7%) were working more than 8 hours, 189(52.2%) Perceived their workload during COVID duties as medium, 265(73.2%) followed Regular working Shifts followed during COVID. Out of 362 FLHCWs, 45 (12.4%) had High stress. With respect to Work and Social Adjustment, Severe Psychopathology was seen in 178(49.2%) and 196(54.1%) had Corona anxiety.

Conclusion : Gender, occupation and marital status were found to have statistically significant association with Work and Social adjustment. Working hours per day, Occupation, Perceived workload during duties, Regular shifts during Covid duties and hours of rest during Covid duties were few factors which were found to have statistically significant association with Corona anxiety.

Keywords: Anxiety, frontline workers, Stress, work adjustment

Title : Awareness and perception towards covid-19 pandemic amidst fake news among educates of karnataka, india.

Authors: : Chandan N , Amoghashree, Shwethashree M, M R Narayanamurthy.

Institution name : JSS Medical College, Mysore

Registration Id : RMCKACH0300

Type of presentation : Oral presentation

Introduction: COVID-19 pandemic has taken millions of lives across the globe. Preventive measures in developing country like India were affected by fake news at some point of time. This created lots of confusion among public which in-turn affected their knowledge, attitude and practice (KAP) towards COVID-19 pandemic. With this context this study was taken up to assess the knowledge, attitude and practice towards COVID-19 and also to assess the effect of fake news on KAP of educates.

Methodology: Web-based cross sectional study was conducted among educates of Karnataka. Google form was sent through WhatsApp and email to collect data. Analysis was done using IBM SPSS 25.0.

Results: A total of 421 participants took part in the study. Major source of information was TV (82.9%) followed by family & friends (71.5%). Mean knowledge, attitude and practice scores were 12.5 ± 2.49 , 3.0 ± 0.67 and 4.7 ± 0.66 respectively. Among the participants 230(54.6%), 336(79.8%) and 329(78.1%) had good knowledge, attitude and practice scores respectively. Nearly 60% of participants with good knowledge did not believe in fake news and this was found to be statistically significant.

Conclusion: Among our participants regarding COVID-19 knowledge score was moderate to low and in contrast attitude and practice scores were good.

Keywords: Attitude, COVID-19, Fake news, Knowledge, Pandemic

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HALL A - Session 5 - Oral PG [Theme - COVID]

Title : Physical activity, anxiety and well-being in Medical Under graduate students of a government medical college in Bengaluru during COVID-19 pandemic: A cross sectional study.

Authors : Rinisha Saral C S, Kishore S G, Ranganath T S

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0186

Type of presentation : Oral presentation

Introduction: Regular physical activity is one of the most effective ways of preventing premature death. The World Health Organization (WHO) recommends at least 150 minutes of moderate physical activity, 75 minutes of vigorous activity, or a combination of the two, per week. The COVID 19 pandemic has resulted in restriction of many elements in all walks of lives effecting both the physical and mental well-being. This study was conducted with an aim to assess the physical activity, anxiety and well-being among the under graduate students of a government medical college.

Objectives: To assess the physical activity, anxiety and well-being among the Medical Under Graduate students of a government medical college in Bengaluru during COVID 19 Pandemic

Methodology: A cross sectional online study was conducted in among medical under graduate students from September-October 2020. After obtaining ethical committee clearance, universal sampling was done to enroll participants in the study. A semi-structured questionnaire to assess the physical activity (Godin leisure-time questionnaire), anxiety (Generalized Anxiety Disorder 7-item scale) and well-being (Mental Health Continuum Short Form) was administered by an online survey using google form. The data was entered in MS excel and analysed with SPSS version 20.0.

Results: A total of 146 undergraduates participated in the study with a mean age of 20.5 ± 2.952 years. Nearly, 81(55.4%) of the students experienced reduction in physical activity during COVID-19. Since COVID-19 restrictions were in place, 44.5% of participants altered their physical activity type. Higher score of anxiety was observed among participants who were insufficiently active.

Conclusion : This study shows a significant reduction in the physical activity of the participants. Hence more efforts should to be directed towards health promoting measures in increasing the practice of indoor physical activity amidst the restrictions.

Keywords: COVID-19, under graduate students, physical exercise, anxiety, well-being.

Title : Stress and burnout during covid 19 pandemic among community health care workers of bengaluru

Authors: : Dr. Shweta Sanadi , Dr.Ranganath T S
Institution name : Bangalore Medical College and Research Institute
Registration Id : RMCKACH0188
Type of presentation : Oral presentation

Introduction: Community Health Care Workers (CHCWs) are in frontline with highest risk of getting infected with COVID 19. CHCWs are exposed to higher work pressures and stress to achieve the control of viral transmission in the community. According to previous studies done in Maharashtra, more than 50% of the health care workers were found to have pandemic related burnout. Hence this study was taken up to ensure their mental wellbeing and enhance their productivity.

Objective: To assess the stress and burnout among community health care workers involved in COVID 19 duties, of Chikpete constituency, Bengaluru.

Methods: A cross sectional study was conducted among community health care workers of Chikpete constituency, Bengaluru, Karnataka, from September – October 2020. Data was collected using cluster sampling (7 clusters, 4 sub-groups). Stress and burnout were assessed by using Copenhagen Burnout Inventory (CBI) and Perceived Stress Scale (PSS) by online based Google forms (n-112) and personal interview (n-28). Total of 140 participants were included. Data was analysed by using SPSS ver.20.0.

Results: The prevalence of moderate level stress (46.5%) was high when compared with high level (9.3%) and low level (44.2%) stress. The prevalence of pandemic related burnout (40.6%) was found to be higher than personal (38.6%) and work related burnout (12.8%). The prevalence of burnout was significantly ($p < 0.01$) higher among females and doctors.

Conclusion: There is a significant prevalence of moderate stress and pandemic related burnout among the community health care workers. Targeted interventions are required to enhance their productivity by ensuring their mental well-being.

Keywords: Stress, Burnout, Community health care workers, COVID-19.

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Title : Assessment Of Lifestyle Changes Among IT Professionals During Covid-19 Using A Multidimensional Scale: A Cross-Sectional Study

Authors : Pratap Pawar, Ranganatha T.S
Institution name : Bangalore Medical College and Research Institute
Registration Id : RMCKACH0189
Type of presentation : Oral presentation

Introduction: Lifestyle plays an important role in pathogenesis several non-communicable diseases, and healthy lifestyle habits are vital for maintaining an individual's mental health. The rapid spread of the COVID-19 virus to nearly all parts of the country has posed enormous health, economic, environmental and social challenges. This study examines whether lifestyle behaviors have changed among IT professional, under home isolation during the COVID-19 pandemic.

Objectives: a) To assess the lifestyle habits among IT professionals during COVID-19 pandemic.
b) To determine the factors associated with lifestyle changes during COVID-19 pandemic.

Methods: An online survey was conducted among IT Professionals during August 2020, including individual reached through Facebook, WhatsApp and Twitter. A pilot study was conducted on 20 participants, in which the mean score was 124.07 ± 17.45 . The sample size was calculated to be 167. A semi-structured questionnaire was used to collect socio-demographic details, a validated schedule called SMILE (Short Multidimensional Inventory Lifestyle Evaluation) was used to assess lifestyle habits.

Results: A total of 167 participants were included in this study. The mean SMILE score was 124 points. 85% had healthy lifestyle under home isolation. Self-reported 'good' health was associated with healthy diet, nutrition and sleep habits. There was no substance use among IT professionals.

Conclusion : In this study, participants reported changes in lifestyle behaviors in different domains during the COVID-19 pandemic. These findings provide lifestyle guidelines to IT Professional during the COVID-19 outbreak and in future.

Keywords: Lifestyle, Multidimensional scale, home isolation, pandemic

Title : Covid-19 positive patient satisfaction with quality of COVID-19 care and factors influencing it, in a dedicated COVID-19 care centre: A mixed method study

Authors: : Neha Dsouza, N Ramakrishna Reddy, T S Ranganath,

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0192

Type of presentation : Oral presentation

Introduction: The high infectivity of the SARS-CoV-2 virus has led to stringent quarantine and infection prevention and control measures. Although isolation practices are considered a standard of care, they may have some unintended consequences. Such as poor staff coordination and lack of respect for their needs, resulting in unsatisfactory patient care.

Objective: To assess the Covid 19 patient satisfaction with the quality of Covid care and to determine factors influencing satisfaction in Covid care centres in dedicated Covid care Hospital, Bengaluru.

Methodology: A Mixed method study was conducted on Covid-19 positive patients who are admitted in a dedicated COVID-19 care hospital, Bengaluru in the month of November, 2020. 190 COVID-19 patients met the selection criteria, out of which 79 were randomly selected. Sample size was calculated with absolute precision at 9% based on a pilot study conducted on 10 participants where 80% of the participants were satisfied with care. Patient satisfaction was assessed using validated tool HCAHPS survey and data was analysed using SPSS 20.0. Telephonic interviews conducted in patient's local language and call was recorded, verbatim is analysed with help of Atlas.ti software.

Results: The 75.94% of the participants were satisfied with the quality of care. Factors influencing satisfaction of COVID-19 care are represented under the following themes: "Best things about stay," "worst things about stay," "ways to improve care."

Conclusion: Though 75.94% were satisfied with care provided, patients expressed dissatisfaction with hospital environment and discharge domain, these areas need to be focused to improve the quality of care.

Keywords: Disease control, Hospital environment, Patient satisfaction, HCAHPS survey

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HALL B - Session 6 - Oral PG [Theme - COVID]

Title : Knowledge, attitude, and practice towards coronavirus disease 2019 (COVID-19) among people residing in Raghunadapalem village , Khammam district , Telangana.

Authors : Dr. M. Shravani

Institution name : Mamata Medical College, Telangana

Registration Id : RMCKACH0203

Introduction: The current Coronavirus (COVID-19) pandemic has impacted and changed lives on a global scale since its emergence and spread from China in late 2019. SARS-CoV-2 infection is transmitted predominately by respiratory droplets generated when people cough, sneeze, sing, talk, or breathe. The rural health care system in India is not adequate or prepared to contain COVID-19 transmission. Public awareness and their attitude toward preventive measures will play an important role in its containment. Village wise reports from across Indian states will be extremely useful.

Aim And Objectives:

- To enumerate demographic variables including age and sex in study population.
- To describe the people knowledge regarding covid 19.
- To describe people attitude and practices toward covid 19.

Materials And Methods: Study Design: A cross sectional study.

Study Period: 1 month, November 2020 .

Place Of Study: Raghunadapalem , Khammam , Telangana.

Sample Size: 400

Inclusion Criteria: People residing in Raghunadapalem village.(above 15 years of age).

Exclusion Criteria: People who are not willing to participate.

Results: About 85% of population know fever and cough are symptoms of the covid 19 disease.70% know that disease is spread by respiratory droplets. Many people doesn't know that Covid 19 could be spread from asymptomatic patients. remaining results will be discussed at the time of presentation.

Conclusion : There is a need to educate people about the disease and all modes of spread, and people should be educated about the role of asymptomatic carriers in spread of disease. Remaining conclusions will be discussed at the time of presentation.

Keywords: COVID-19, SARS-COV-2, knowledge, attitude, practice.

Title : Hesitancy for routine immunization among young mothers during covid pandemic

Authors: : Vanmathi A, Shwethashree M, Saurish Hegde, Narayana murthy M R

Institution name : JSS Medical college, Mysuru

Registration Id : RMCKACH0205

Type of presentation : Oral presentation

Background: The COVID pandemic has created a lot of disruptions for delivery of health care services mainly routine immunization. Delayed immunization can lead to outbreak of many vaccine preventable diseases. This current situation created confusions and fear among young mothers to vaccinate their child. This study is an initiative to understand the struggles faced by them during this pandemic.

Objective: To estimate the prevalence of hesitancy for routine immunization among young mothers during COVID pandemic and to find the factors responsible for their hesitancy

Methodology: This is a community based cross sectional study which has been conducted with a purposive sample of 246 mothers (calculated by assuming 20% as prevalence based on pilot study) having children less than 6 years of age. Study was done for a period of one month using pre tested semi structured questionnaire both offline and online google forms.

Results: In our study we found that 39% of mothers were having vaccine hesitancy during this COVID pandemic mainly due to fear of COVID exposure and due to lockdown.

Conclusion: From our study we infer that this pandemic has increased hesitancy among young mothers, hampering routine immunization. Thus, this domain deserves more consideration by health care officials and policy makers , to prevent further disruption of the immunization programme.

Keywords: vaccine hesitancy, COVID, delayed vaccination, fear of exposure, lockdown.

Title : Anxiety and resilience among the elderly during the COVID'19 related lockdown in Anekal, Karnataka

Authors : Minitta M Regy, Akhilesh M Wodeyar, Suraj S Thotta, Sanjoe Saajan, Pretesh R Kiran, Nancy A Gnanaselvam

Institution name : St. John's Medical College, Bangalore

Registration Id : RMCKACH0207

Introduction: The COVID'19 pandemic led to a series of lockdowns nationwide thereby greatly affecting the physical and mental health of the elderly (>60years) population. This could result in adoption of negative coping skills among them, impacting their quality of life.

Objectives: To assess the prevalence and associated factors of anxiety and resilience among the elderly attending the outpatient and outreach services rendered at a Taluk hospital in Anekal, Karnataka during the COVID'19 related lockdown.

Methodology: A cross sectional study was conducted among 162 elderly patients during the months of July and August 2020. The study tools used were Generalized Anxiety Disorder questionnaire (GAD7) and Brief Resilient Coping Scale (BRCS4)

Results: Out of the 162 elderly, 73% had minimal anxiety and 27% had moderate to severe anxiety. Low resilient copers formed 86% of the study population and 14% were medium resilient copers. No study participants were observed to be high resilient copers.

Conclusion : Financial, work and travel related difficulties during the lockdown compromised the mental health status among the elderly population. Limited access to health care was yet another challenge experienced by the study participants. Timely follow up for existing medical ailments, appropriate interventions and routine screening for family members will help in lowering the prevalence of anxiety during such difficult periods.

Keywords: Anxiety, resilience, elderly, lockdown, COVID'19

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Title : A Combined Model Study to investigate the challenges faced by frontline health managers at district level in this time of pandemic of COVID-19 -A Multicentric Approach.

Authors: Sunhitha Velamala, Rashmi Kundapur, Sumit Aggarwal, Anusha Rashmi

Institution name : KSHEMA Mangalore

Registration Id : RMCKACH0228

Type of presentation : Oral presentation

Introduction: The need of the hour is to urgently understand the problems faced during management including both micro-issues of handling specific programs and larger issues like local procurement and challenges faced by district task-force members to identify lacunae in the health-care system during the pandemic of COVID-19.

Objective: To understand the managerial issues while dealing with COVID and non-COVID related health services in select states of the country of India.

Methodology: Qualitative data was captured considering all outputs as a part of a larger study which involved interviews with at least 5 front-line managers from each of 3 districts from every one of the 8 states chose, giving a total sample size of 120. It was ensured that from each district, at least 1 DHO and 1 block-level manager were enrolled.

Results: In this study, Jalgaon in Maharashtra had the largest test positivity rate at 21.54% and least in North Tripura at 2.44%. 19.66% was the calculated control activity rate, by far the highest, seen in Puri, Orissa. Ahmedabad depicted an inflation of about 84.61% in maternal deaths and Gulbarga showed sizeable drops in the number of antenatal cases registered and number of deliveries conducted before and after the lockdown at 51.79% and 57.38%.

Conclusion: This study depicted the presence of perforations in the health-care system in various domains such as human resources and surveillance activities. The areas under scrutiny can be used as deep-learning sites to provide insight into solutions to plausible problems in the future.

Keywords: Task-force, managerial issues, COVID-19, health-care system.

Title : Karnataka covid-19 death analysis: a secondary data analysis

Authors : Preetham Shenoy M, Rekha R, Rashmi Kundapur,

Institution name : KSHEMA Mangalore

Registration Id : RMCKACH0232

Type of presentation : Oral presentation

Introduction: Communicable diseases do not respect boundaries, but they also do not affect all members of our society equally. Since the initial recognition of novel Corona virus (COVID-19) in January 2020, it is seen that the virus disproportionately affects older individuals and those with comorbidities, among whom mortality is highest.

Objectives: To evaluate the death trends of COVID-19 in Karnataka based on gender, age and comorbidities.

Methodology: Secondary data analysis of deaths due to COVID-19 in Karnataka up to 30th September 2020 taken from the daily media bulletins released by the Department of Health and Family Welfare Govt. of Karnataka. The information regarding age, gender, district of origin and comorbidities is analysed.

Results: 8864 deaths due to COVID-19 occurred till 30th September of which 68.9% were males and 31.1% were females with a median age of 62 years. 77.75% aged >50 years, 76.43% had comorbidities, proportional mortality rate (PMR) of diabetes mellitus was 47.8%, PMR of hypertension was 45.3%, PMR of ischemic heart disease was 11% and PMR of renal failure was 8%.

Conclusion : More than 3/4th of the total deaths due to COVID-19 in Karnataka were in age group >50 years and more than 2/3rd were males. 75% of the deaths had comorbidities. PMR of Diabetes was highest followed by hypertension, ischemic heart disease and renal failure.

Keywords: COVID-19 deaths, Comorbidities, Karnataka

HALL C - Session 7 - Oral PG

Title : Awareness and perception about COVID-19 vaccine among people of Mysuru: A cross sectional study.

Authors: : Dhanya S, Swethashree. M, Arun Gopi, Narayana Murthy

Institution name : JSS Medical College, Mysore

Registration Id : RMCKACH0234

Type of presentation : Oral presentation

Introduction: In order to battle the COVID-19 pandemic, several vaccines have been developed and are on human trial phase. Acceptance of the COVID-19 vaccine is crucial in controlling the COVID-19 pandemic. Efficacy and safety concerns and newness of the vaccine, risk – benefit perceptions and misinformation can lead to vaccine hesitancy. Studies to evaluate the awareness and perception about COVID-19 vaccine among people will help to plan mass vaccination programs for COVID-19. Hence this study was conducted.

Objective:

- To assess the awareness about COVID-19 vaccine among people.
- To assess the perception about COVID-19 vaccine among people.

Methodology: A cross sectional study was done using a pretested semi structured online questionnaire. Using purposive sampling, study was conducted among 250 people in Mysuru, Karnataka. People who gave consent to take part in the study were included. Data was entered in Microsoft excel sheet and analysed using SPSS version 23 licensed under JSSAHER.

Results: 33% of people had excellent awareness regarding COVID-19 vaccine and 81.9% were ready to get vaccinated and 84.3% would recommend it to their friends and family. Safety and efficacy concerns found to cause vaccine hesitancy. 73.5% wanted government to make COVID-19 vaccination mandatory for everyone and 89.2% wanted government to give the vaccine free of cost.

Conclusion: As the awareness and perception is good among the people, we can expect a good acceptance for the vaccine. Safety and efficacy concern may become a game changer in vaccine acceptance.

Keywords: COVID-19, Awareness, Perception, COVID-19 Vaccine

Title : Comorbidities and clinical outcomes of patients with COVID 19 in a tertiary care center at Goa

Authors : Dhanya Jose, Mahendra M Pauskar, Yallaling Sannasanni, Jagadish A Cacodcar, Anar Khandeparkar

Institution name : Goa Medical College, Goa

Registration Id : RMCKACH0235

Type of presentation : Oral presentation

Background: This study aims to explore various comorbid conditions, disease severity, and clinical outcomes in patients infected with COVID-19 disease.

Methods: This is a prospective observational study. Clinical data of COVID-19 patients admitted at Goa Medical College between 23 November 2020 to 20 December 2020 are summarized and analyzed using Google forms, spreadsheets, and R programming language.

Results: A total of 51 patient data collected in November 2020, including 11.9% mild cases, 40.5% moderate cases, and 47.6% severe cases. Fever (86.3%) was the most common symptom, followed by dry cough (83.3%), dyspnoea (69%), and fatigue (26.2%). Other symptoms noted were chest pain (9.5%), sore throat (7.1%), and nausea and vomiting (4.8%). The most common comorbidities identified in these patients were diabetes (66.7%), hypertension (57.1%), and cardiovascular and cerebrovascular conditions (23.8%). The less common comorbidities were respiratory illnesses (9.5%), renal disorders (9.5%), malignancy (2.4%), and immunodeficiencies (0.01%). Lung parenchymal infiltrates on chest x-ray/CT shown by 95.2% of patients. Supportive care received by the patients was noninvasive ventilation (47.6%), high flow oxygen therapy(35.7%), invasive ventilation (2.4%), inotropes (2.4%), and renal replacement therapy (2.4%). Clinical outcome in patients was pneumonia (90.6%), ARDS (26.2%) and shock (2.4%). (preliminary result)

Conclusion : Patients with COVID-19 disease with comorbidities such as hypertension or diabetes mellitus are more likely to develop a more severe course and progression of the disease.

Keywords: COVID-19, Comorbidity, Noninvasive Ventilation, Diabetes Mellitus, Hypertension.

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Title : KAP on COVID-19 among urban and rural health care workers in a district in South India: A cross sectional study

Authors: Ooviya Jayaseelan, Yogesh Kumar

Institution name : Jawaharlal Nehru medical College , Belagavi

Registration Id : RMCKACH0280

Type of presentation : Oral presentation

Introduction: Coronavirus disease 2019 (COVID-19) is an infectious disease caused by coronavirus family (SARS-CoV-2). There are no specific vaccines or treatments available for COVID-19. Front line healthcare workers who encounter patients are at increased risk of exposure to infected cases. The best way to prevent and slow down transmission is to be well informed and educated with accurate information about the coronavirus.

Objective: To determine the level of knowledge, perceptions and practices regarding COVID-19 infection among health care workers.

Methodology: A cross-sectional design approach was conducted among all health care workers (200) in two Primary health centers, which is a rural & urban field practice areas of Department of Community Medicine, JNMC, Belagavi. The study was conducted from May 2020 to June 2020. A pre-tested questionnaire was used to collect the data's. Statistical analysis will be done by using rates, proportions and percentages.

Results: Awaiting

Conclusion: In this current pandemic situation, healthcare workers should have proper knowledge, attitude and practices about COVID-19, because of spread of misinformation, their knowledge and practices are very important, to protect them and to educate the public.

Keywords: COVID-19, Healthcare workers, pandemic.

Title : Prevalence of digital eye strain among ug medical students of a medical college in kerala during covid-19 lockdown

Authors : Sunena V C, Ashwin Raj K K, Sheela P Haveri

Institution name : MES Medical College

Registration Id : RMCKACH0284

Type of presentation : Oral presentation

Introduction: Exposure to screens have increased during the lockdown and prolonged exposure can contribute to dryness of eye, irritation, redness, watering, and refractive errors. This study may help in recognizing the prevalence of Digital Eye Strain (DES) [1] among medical students.

Objective: To study about the prevalence of Digital Eye Strain among the UG medical students of MES Medical College and to determine factors contributing to it.

Methods: A cross sectional study was conducted among UG medical students of MES medical college. Convenient sampling was done. Validated and predesigned questionnaire was used.

Results: The study was conducted among 193 [2] participants. Mean age among the study participants was 22 ± 1.17 . Among the study participants, majority were males (74%). 91% had Digital Eye Strain. On associating DES prevalence among all the variables, Significant statistical association was obtained with, Gender, Use of digital screen before going to sleep, Taking frequent breaks while using digital screen, Hours spend on screen in dark room.

Conclusion : Our study found the presence of one or more DES associated symptoms present in 91% of the population. Thus showing there is prevalence of DES among medical students during COVID-19 lockdown.

Keywords: Digital eye strain, Medical students

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Title : Factors Affecting Attitude And Practice Towards Novel Coronavirus Disease Among Adults Of Mandya City.

Authors: : Divya A, Vinay M, Harish B R

Institution name : Mandya Institute of Medical Sciences

Registration Id : RMCKACH0295

Type of presentation : Oral presentation

Background: The measures undertaken by our government to control coronavirus disease (COVID)-19 is remarkable. Peoples adherence to such measures relies on their attitude and practices regarding COVID-19

Objective: To determine the factors affecting attitude and practice towards novel corona virus disease transmission.

Methodology:

Study design: Cross sectional study

Study Period: August 2020 to September 2020

Study Population: Adults of Mandya city

Sample Size: 800

Inclusion Criteria: Adults aged more than 18 years who gave informed consent for participation.

Exclusion Criteria: Nil

Method of Data Collection: Interview using a pretested semi-structured questionnaire.

Analysis: Descriptive statistics and inferential statistics

Results: 92 (11.5%) adults were very afraid about COVID-19 pandemic. Fear of getting isolated was sensed by 264 (33.0%) adults rather than getting disease. About 672 (84.0%), 700 (87.5%), and 704 (88.0%) adults felt that wearing mask, cough etiquette, and frequent hand wash are very important, respectively. With regard to their preventive practices, 600 (75.0%) adults stated that they always wore a mask whenever they stepped out, and 624 (78.0%) practiced frequent hand washing. 516 (64.5%) strictly maintained social distancing always. Attitude scores significantly differed with respect residential status and socio-economic status. ($p < 0.05$). Practice scores significantly differed with respect to educational status and socioeconomic status. ($p < 0.05$)

Conclusion: Attitude towards COVID 19 differed with respect to residential status and socio-economic status. The practices differed with respect to educational status and socio-economic status, where it was found to be good among those who had college-level education and upper socio-economic status

Keywords: COVID-19, Adults, Mandya, Attitude, Practice

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HALL D - Session 8 - Faculty Poster

Title : Knowledge gap of depression among perinatal women in a medical college hospital of Dakshina Kannada: a cross-sectional study

Authors : Dr Pracheth

Institution name : Yenepoya Medical College and Hospital

Registration Id : RMCKACH0092

Type of presentation : Poster

Introduction: Though perinatal depression (PD) accounts for a huge burden and is associated with morbidity in developing countries like India, stigma, lack of knowledge, and unfavourable attitude among perinatal women, have further compounded the issue.

Objective: To assess the knowledge gap of PD among perinatal women in a medical college hospital of Dakshina Kannada.

Methods: Two hundred and seventy perinatal women were assessed for knowledge gap about PD through a semi-structured proforma. Questions were drawn from the Perinatal Depression Monitor, an Australian population-based survey on perinatal mental health and translated into the local language.

Results: Among the 270 study participants, only (n=23, 8.51%) responded that they had some knowledge about depression and therefore were asked further questions pertaining to PD. A significant proportion (78.26%, n=18) considered pressure from husband and in laws as a cause for PD. Most participants neither agreed nor disagreed when asked about misconceptions such as 'postnatal depression did not exist in previous generations', 'postnatal depression is a sign of weakness', and 'women choose to get postnatal depression'

Conclusion : Low PD knowledge among the perinatal women was noted. This could be a major barrier for delivery of mental health services

Acknowledgement :

This paper is a part of a study that is funded by Indian Council of Medical Research

Keywords: depression; perinatal; knowledge; women

Title : Knowledge of Basic Life Support among Medical And Dental Students: A Comparative Study

Authors: : Amrutha AM, Vijayalaxmi Mangasuli, Bhagyashree Khatari, Nagendra Gowda MR, Bhoovana Chandra

Institution name : Basaveshwara Medical College and Hospital, Chitradurga

Registration Id : RMCKACH0108

Type of presentation : Poster

Background: It is important to highlight the necessity of teaching basic life support (BLS) to undergraduate medical and dental students so they can be equipped with BLS knowledge and skills to be able to handle critical cases during their training and in their future practice.

Objective: 1. To assess the knowledge of BLS on the part of medical and dental students in Chitradurga.
2. To identify any link between BLS knowledge and such related factors as gender, age, education level, years of experience.

Methodology: A cross sectional study was carried out among dental and medical students in 2019. The study participants were people of age group between 18-25 years. A sample size of 250 was obtained.

Results: A total of 250 subjects of age groups 18-25 years were analyzed in the study. Majority of students were not aware of BLS, with medical students fairing slightly better than dental students.

Conclusion: From our study we conclude that lack of awareness regarding BLS among medical and dental students is a serious issue that needs to be addressed promptly. BLS and other resuscitation skills should be part of the undergraduate curriculum.

Title : A Study On Occupational Stress Among Bank Employees In Belagavi City

Authors : Pavithra R, A B Halappanavar

Institution name : Basaveshwara Medical College and Hospital, Chitradurga

Registration Id : RMCKACH0154

Type of presentation : Poster

Introduction: During the past decade, fast economic growth and industrialization has led to the growth of banking sector. It has been found that banks are the top 10 high stress workplaces in recent times. Occupational stress is a common work place problem experienced by all professionals, irrespective of their nature of work. . Hence this specific occupational group of bank employees who represent the subset of population at risk to develop chronic stress related adverse health effects was selected for the study to know the level occupational stress to suggest some interventional measures towards their health promotion and prevention of occupational related morbidities.

Objectives: To assess occupational stress affecting the health of bank employees.

Methodology: A Cross sectional study was conducted among 300 bank employees from the banks which were selected using random number technique in Belgaum district. The data on Occupational stress was assessed using Occupational stress index. Stress level was assessed by Occupational stress index and classified into Distress and severe stress based on mean and standard deviation of stress scores (Mean score = 143.71, SD = 7.73).

Results: Majority (68.91%) of them had distress, 16.72% of employees had severe stress. The variables that include age group, sex, category of work, smoking and alcohol use were not found to be significantly associated with the stress level ($P > 0.05$). There was a significant association (chi square=9.43, $p < 0.05$) seen between diabetes and stress levels.

Conclusion : Stress level among bank employees is high, which necessitates intervention measures for this vulnerable group.

Keywords: Bank employees, prevalence, stress levels.

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Title : Clinical profile and treatment outcome of COVID-19 patients of a tertiary care hospital in Tumkur

Authors: : Chandana Krishna

Institution name : Sri Siddhartha Medical College, Tumkur

Registration Id : RMCKACH0241

Type of presentation : Poster

Need for the study: Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The spectrum of disease ranges from asymptomatic or mild disease to severe cases requiring intensive care unit (ICU) admission.

Objective: To describe the clinical profile, laboratory evaluation, radiological characteristics, treatment provided and the final outcome of Covid-19 infected patients admitted at a medical college hospital during the COVID pandemic.

Methodology: This descriptive study was conducted between April to November 2020 among COVID-19 patients admitted at the COVID wards & ICU of a medical College hospital in Tumkur. Epidemiological, demographic, clinical, treatment, and outcome data were obtained using a structured questionnaire through telephonic interview of COVID-19 patients and from patient charts & hospital records.

Results: Median age of study subjects was 48years [IQR: 35-60]. Majority of the study subjects were males (64.05%), 12.17% had history of contact with COVID positive case and 5.26% had history of travel. Cough, fever and shortness of breath were the common presenting symptoms. Mortality was 5.56%, 91.83% were discharged with complete recovery, 2.61% were referred to higher centers.

Conclusion: The present study showed that majority of study subjects were middle-aged, males, with fever, cough and shortness of breath. Mortality was 5.56% and recovery was in 91.83% subjects.

Keywords: Novel corona virus, Covid-19, treatment, outcome, clinical profile.

Title : **Quality of life of cervical cancer patients before cancer-directed treatment. A cross-sectional study in a tertiary care centre.**

Authors : **Shivaraj Nallur Somanna**, Srinivasa Nandagudi Murthy, Ramesh Cheluvayaswamy, Nea Malila

Institution name : Ramaiah Medical College

Registration Id : RMCKACH0310

Type of presentation : Poster

Introduction: Cervical cancer in India is most common and leading cause of morbidity and mortality. It affects the patients physically and psychologically affecting their quality of life (QoL). Assessing QoL is important in identifying patients problems before treatment initiation and addressing them in the health systems. The present study aims to determine the Quality of life of cervical cancer patients before cancer-directed treatment.

Methods: A cross-sectional study was undertaken from April 2017 to September 2017 in a regional cancer centre in the south of India. The centre has both a population and a hospital-based cancer registry. Cervical cancer cases (N= 210) with histological confirmation were interviewed at the hospital. European Organization of Research and Treatment of Cancer (EORTC) questionnaire core module, QLQ-C30 and recommended scoring algorithm was used for analysis. Association of socio-economic determinants on quality of life were evaluated using multiple logistic regression.

Results: Among 210 cervical cancer patients enrolled, majority 106 (50.5%) of women were between the age 46 to 59 years and 167(63.0%) were not literate. The mean score (\pm SD) in the global health status was 55.2 ± 12.3 and across all other domain, the mean score was 78.6 ± 12.1 , 32.6 ± 7.0 , 21.3 ± 6.2 , 15.3 ± 5.3 in physical functioning, emotional functioning, pain and fatigue respectively. The factors which were significantly associated with the QOL score were age, rural area and clinical stage of the disease.

Conclusion : Cervical cancer significantly affects the physical and emotional functioning health of the patients. Assessment of quality of life and intervention should be integral part in the management of cervical cancer patients.

Keywords: Quality of Life, Cervical Cancer, EORTC QLQ-C30

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Title : Tethering Adolescence and Parenthood: A Study on Parent Adolescent Interaction

Authors: : Vijayalaxmi Mangasuli, Amrutha AM, Bhagyashree K, Bhoovanachandaran M

Institution name : Basaveshwara Medical College and Hospital, Chitradurga

Registration Id : RMCKACH0110

Introduction: The quality and the nature of care and attention that a child receives during the adolescent phase of his/her development is what further goes on to define their lives and give it meaning.

Objective: 1) Tostudy Parent Adolescent Interaction. 2)To assess their dietary patterns. 3) To assess their academic performance.

Methodology: A cross sectional study, among 200 students in 2 schools of Chitradurga using a pre – designed, self – administered questionnaire consisting of two parts: i) Socio-demographic profile ii) Parent Adolescent Interaction Assessment having 33 questions overall, was conducted between the months of April to September of 2019. The data was collected and then entered into an Excel sheet which was further analyzed in SPSS version 20.

Results: In our study, majority of the students surveyed were males (53%) of the ages of 14-15 (67%) & studying in 10th STD (42%). 85% of the students stay with their parents of which only 58% are satisfied with the amount of time they get to spend with them. Only 34.5% of children feel comfortable in confiding their personal problems with their parents. 74.5% of students got help with their academics from their parents. 75.5% of the students’ parents help them in understanding their mistakes & give them advice on how to improve their test grades. 60.5 % of students have home – cooked food all the time and 73% of children were found to have dinner with their parents, which is significant to our study. Regular family meals are an opportunity to strengthen the bond between parent & child.

Conclusion: Maximum numbers of students are satisfied with amount of time spent with their parents, students who received help with their studies have better academic performance and most of the students have home-cooked food.

Keywords: Academic performance, Adolescence, Parents, Satisfaction

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DAY 2

Hall A - Session 9 - PG poster

Title : A Cross sectional study to assess the knowledge on HIV/AIDS among students of a Nursing College.

Authors : Palle Satya Reddy, N.Sujatha, Kurre Bhaskar

Institution name : Navodaya Medical College,Raichur.

Registration Id : RMCKACH0091

Type of presentation : Poster

Introduction: HIV continues to be a major global public health issue, having claimed more than 32 million lives so far. However, with increasing access to effective HIV prevention, diagnosis, treatment and care, including for opportunistic infections, HIV infection has become a manageable chronic health condition, enabling people living with HIV to lead long and healthy lives.

Objective: To assess the awareness of HIV/AIDS and its association with demographic characteristics among Nursing students.

Material and Methods: A cross-sectional study was conducted among 162 students of Nursing college, of which 84 were from 2nd year,54 were from 3rd year and 24 were from 4th year of Nursing at a private Nursing colleges in Raichur. Data was collected using a pre-designed questionnaire, after taking a informed consent. consent. Qualitative data was analyzed using Chi-square test. EPI info V7.0 was used for analysis. A P-value of <0.05 was considered statistically significant.

Results: Out of 162 students, majority of the 107 (66.05%) nursing students have Good knowledge on HIV/AIDS, followed by 41 (25.31%) nursing students have Excellent knowledge and 14 (8.64%) nursing students have poor knowledge. Association was found among Students Age, Studying year, Parents occupation of Nursing students and students who have participated in HIV/AIDS facilitators workshop to the over all knowledge on HIV/AIDS were shown statistically significant i.e., P <0.05.

Conclusion : The nursing students who have participated in the workshops had better knowledge when compared with the students who have not undergone awareness training on HIV/AIDS.

Keywords: Knowledge, Nursing students, HIV/AIDS.

Title : A cross sectional study on prevalence of overweight and obesity among adults in urban field practice area of department of community medicine, BIMS, Belagavi

Authors: : Shwetha P, Arun Joshi, RG Viveki

Institution name : Belagavi institute of medical sciences

Registration Id : RMCKACH0107

Type of presentation : Poster

Introduction: obesity is a most prevalent form of malnutrition in developing countries. It acts a risk factor for other non -communicable disease like hypertension, diabetes, coronary artery diseases, cancers. Increase in Intraabdominal obesity (central obesity) has more risk for cardiovascular disease. Overweight prevalence is higher in urban areas than rural areas. Therefore present study was undertaken to determine the prevalence of overweight and obesity.

Objective: To estimate the prevalence of overweight and obesity among adults in urban (khasbag)field practice area of department of community medicine, BIMS ,Belagavi.

Methodology: The present study was undertaken in urban field practice area of department of community medicine , BIMS, Belagavi, in which adults (>18 years of age), were interviewed . A house-to-house survey method on a pre-designed, pre-tested structured questionnaire was used. Sample size includes 498 subjects . Data is entered in MS excel and analysis is done by using descriptive statistics.

Results: Majority were in the age group of 18-29 years (20%). The study showed 24% are overweight , 14% are having obesity . 41.7% females and 1.2% males were having central obesity according to waist-hip ratio , and 21.6% females and 2.4% males were having central obesity according to waist-circumference.

Conclusion: study shows the high burden of obesity among study population, there is a need for promoting healthy lifestyle in control of obesity .

Keywords: obesity, prevalence ,BMI, waist circumference , waist-hip ratio.

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Title : A descriptive cross sectional study on internet addiction among medical students of Kakatiya medical college, Warangal, Telangana State.

Authors : Dr Syed Iqthadar Ahmed, Dr PunamKumarijha, Dr Murali.

Institution name : Kakatiya Medical College

Registration Id : RMCKACH0119

Type of presentation : Poster

Background: There is rapid growth in the usage of internet globally mainly in urban areas. Usage has been rising exponentially. Students are particularly at risk because of their unique personal, social and academic needs

Objective: - To estimate the prevalence of internet addiction among the medical students.
- To know the degree of internet addiction among medical college students

Methods: A cross sectional descriptive study was conducted among the medical students in Kakatiya medical college, Warangal. Study period and duration was 2 months November and December-2019. Sample size is 210 and required data was collected using pretested semi structured questionnaire. Young's internet addiction scale was used to asses internet addiction. Data was entered in Microsoft excel and analysed for frequencies and percentages

Results: We found the prevalence of internet addiction among medical students to be 93.9 % (mild – 68.5% ,moderate – 21.9% and severe –3.3 %) and significantly associated factors with internet addiction being male gender, staying in private accommodation and using mobile for internet access.

Conclusion : The results highlights the vulnerability of medical students to internet addiction and efforts should be taken to increase awareness and prevent the problem of internet addiction in them.

Keywords: Internet addiction, medical students, prevalence.

Title : Awareness about Food Labels on Packaged Foods among Postgraduate Students of a Medical College.

Authors: : 1. Dr Preethi Ashok Masali, 2. Dr Asha Bullappa 3. Dr Prakash Kengnal

Institution name : S S Institute of Medical Sciences & Research Centre, Davangere

Registration Id : RMCKACH0137

Type of presentation : Poster

Introduction: Sedentary lifestyle & unhealthy dietary habits raise the risk of non-communicable diseases. In preventing this epidemic of non-communicable diseases, medical students can play a major role as their knowledge about nutrition along with healthy behaviours can improve nutrition of the community & lead to a better & healthier society in future.

Objective: To assess the awareness about food labels and to enlist the reasons for not checking food labels on packaged foods among postgraduate students of a medical college.

Materials and Methodology:

A cross sectional study was carried out in a medical college for a period of 3 months from January 2020 to March 2020. 120 postgraduates were included in the study after obtaining prior consent. The data was expressed in frequency & percentages.

Results: A total of 120 postgraduates (M = 45% & F = 55%) were included in the study. Information about vegetarian, non-vegetarian & AGMARK logos were known to 88.3%, 17.5% & 46.7% of the postgraduates respectively. The most common nutritional information checked was for energy (81.7%), fat (77.5%) & carbohydrates (70%). The most common general information looked was for date of expiry (95.8%), date of manufacture (90.8%), price of the product (86.7%) & best before use date (86.7%). Lack of time (63.33%) & trust of the brand quality (47.5%) were the most common reasons for not checking food labels on packaged foods.

Conclusion: Despite having positive attitude & satisfactory knowledge about food labels; they were not checked regularly due to lack of time, trust for the brand & small font size.

Keywords: food labelling; medical postgraduates; non-communicable diseases; packaged foods

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Title : Vitamin A supplementation coverage and factors determining it among migrant workers' children 12-36 months in Urban Bangalore East

Authors : Shweta Neminath Kurkuri, Mangala Subramanian

Institution name : Vydehi Medical College, Bangalore

Registration Id : RMCKACH0151

Type of presentation : Poster

Introduction: Vitamin-A is one of the essential micronutrients. It is required for vision, immunity, cell growth, reproduction, prevention of measles and various cancers. Children of migrant workers suffer from its deficiency because of frequent shift of places, poor knowledge and low socioeconomic status.

Objective: 1. To assess Vitamin-A supplementation coverage among migrant workers' children aged 12-36 months.
2. To identify the reasons for partial/non-coverage and factors determining it.

Methodology: A community based cross-sectional study was undertaken to determine Vitamin-A coverage among 500 migrant workers' children aged 12-36 months residing in urban Bangalore East. Cluster sampling method was incorporated. Data was collected using pre-tested semi-structured questionnaire and analysed using Epi Info™ version 7.2.1.

Results: Among 500 children, 33% received all doses required for that particular age, 51.20% received minimum 1 dose and 15.80% did not receive the supplement. Out of 500 children eligible for 1st dose, 84.20% received the supplement; out of 379 children eligible for 2nd dose, 44.80% received it; out of 308 children eligible for 3rd dose, 25% received it and of 253 children eligible for 4th dose, none of them received it. The drop-out rate from 1st-2nd dose was 46.79%, 2nd-3rd dose was 44.20% and 3rd-4th dose was 100%. Common reasons for drop-out were inconvenient time(46 participants), unaware of need(44 participants) and busy schedule of parents(43 participants). There was significant association between age of the child, birth order, mothers' educational status and fathers' educational status with Vitamin-A coverage.

Conclusion : Vitamin-A coverage was 33%. Parents-centered educational approach is essential to prevent nutritional deficiency.

Keywords: Vitamin-A coverage, migrants' children, 12-36 months

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Title : **Prevalence and determinants of postpartum anxiety among women availing health services at a rural maternity hospital in south India.**

Authors: : 1.Christy Maria Manuel, 2. Avita Rose Johnson, 3.Priya Mary Prince, 4. Aleena Treasa Rodrigues, 5. Anulekha K, 6. Anjana Xess, 7.Naveen Ramesh.

Institution name : St Johns medical college

Registration Id : RMCKACH0164

Type of presentation : Poster

Introduction: Anxiety disorders are characterised by excessive feelings of worry, nervousness, fear or unease. Postpartum anxiety (PPA) may interfere with mother-baby bonding, breast-feeding and infant development. While postpartum depression (PPD) has been widely studied, there is a paucity of literature regarding PPA among rural Indian woman.

Objective: To estimate the prevalence of PPA and its determinants among women availing healthservices at a rural maternity hospital in Ramanagara district of south Karnataka.

Methods: This was a cross-sectional study among women from the second day of delivery to 6 months postpartum. An interview schedule with socio demographic, obstetric and family details was administered. Screening was performed for PPA using Generalised Anxiety Disorder Scale (GAD-7) and for PPD using Edinburgh Postnatal Depression Scale (EPDS). Association between PPA and various co-variates, including PPD, was determined using Chi-square test, Fischer’s exact test and Pearson’s Correlation.

Results: Out of 231 postpartum women, 11.3% had PPA (10% moderate and 1.3% severe) and 12.5% had PPD. There was a significant association between PPA and alcohol use in husband ($P=0.002$). EPDS score showed positive co-relation with GAD-7 score. For every one point increase in EPDS score, we found a 1.6 point increase in GAD-7 score ($r=0.62, P=0.010$).

Conclusion: There is a need for screening women for anxiety along with depression after childbirth. Home-based Newborn Care program can be used as a possible platform to screen women for postpartum anxiety and depression by the ANM during home-visits.

Keywords: postpartum, anxiety, depression, rural, hospital

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Title : Complimentary feeding practices of children below 2 years age seeking health care services at a tertiary care hospital in Mangaluru, Karnataka.

Authors : Basma Reem Ameer, Akshaya KM, Subhashree Nandy, Shubhankar

Institution name : Yenepoya Medical College

Registration Id : RMCKACH0172

Type of presentation : Poster

Background: Poor complimentary feeding (CF) practices are associated with growth and development of infants and toddlers. Fewer studies have looked into the specificities like diet diversity and diet adequacy.

Objective: To assess the CF practices of mothers with children less than two years of age with special reference to diet diversity and meal frequency.

Methodology: A cross-sectional study was carried among 200 mothers of children less than two years of age attending Pediatrics department at Yenepoya Medical College hospital. Anthropometry of the children was recorded. Questions pertaining to CF practices based on the minimum acceptable diet(MAD) including minimum diet diversity(MDD) and minimum meal frequency(MMF) and hygiene practices were asked to the mother. Data was analyzed using SPSS Ver 23 and WHO Anthro software.

Results: The mean age of mothers was 26.69±3.6 years. About 25% mothers stopped breast feeding their child before 2 years of age. Around 17% mothers started CF before 6 months of age. CF was commonly started with rice(29.5%), ragi(22.5%) and biscuits(16%). More than 40% mothers gave bakery items to their children. Washing hands before preparation of meals was seen among all the mothers. MAD was observed among 62/200(31%) mothers. MAD was significantly associated with mother's age ($p<0.05$) and number of siblings ($p<0.05$). Children who were below 2SD for weight for age, length for age and weight for length were 10%, 35% and 7.5% respectively.

Conclusion : MAD was significantly associated with mother's age and number of siblings.

Keywords: Infant and young child feeding, Weaning, Complementary feeding

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Hall B - Session 10 - PG Poster

Title : **Barriers to antenatal care during COVID-19 pandemic among pregnant women availing routine services: a cross-sectional study in a rural maternity hospital, Karnataka**

Authors: : **Philomena Zacharias**, Avita Rose Johnson, Nitisha Ann, Shulia Lydia, Mary Viji, Ann Jacob, Merlyn Joseph

Institution name : St. John's Medical College

Registration Id : RMCKACH0180

Type of presentation : Poster

Introduction: Covid-19 is an ongoing pandemic for which India went into lockdown from 22 March to 31 May 2020 to reduce transmission and prevent overwhelming of hospitals. It is vital that pregnant women receive the care they need without the added risk of infection with COVID-19.

Objective: To assess barriers to antenatal care (ANC) during COVID-19 pandemic among pregnant women availing services at a rural maternity hospital in Ramnagara, Karnataka.

Methods: A hospital-based, retrospective cross-sectional study in June-July 2020, was conducted using a pre-tested interview schedule to capture accessibility barriers and psychological fears of pregnant women during the pandemic lockdown. Chi-square tests were performed to associate barriers to ANC with various independent co-variates.

Results: Of the 144 mothers interviewed, 61.8% reported at least one barrier to accessing ANC during the COVID 19 pandemic, such as such as lack of income, lack of transportation and hospitals /diagnostic centres being closed. 38.9% reported at least one fear and 85% were not able to access ultrasounds and blood tests. Women reported fear of getting infected with Covid-19, fear of not receiving proper treatment and fear of isolation from family. Women of lower socio-economic class were significantly more likely to experience barriers to ANC.

Conclusion: Our study found that pregnant women faced barriers to ANC as a result of a well-intentioned pandemic response. An approach to addressing fears and access barriers, should influence pandemic preparedness by developing community based strategies for counselling and referral.

Keywords: Antenatal care, COVID-19

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Title : Influence of Media (internet and smartphone applications) on Infant and Young Child feeding practices among mothers of children under-five years availing health care in a rural hospital in Ramnagara district, Karnataka

Authors : J. Joeberate Vinshula, Merlyn Joseph, Avita Rose Johnson, Anna Rachel Menezes, Srilekha C, Priya

Institution name : St. John's Medical College

Registration Id : RMCKACH0187

Type of presentation : Poster

Introduction: Appropriate Infant and Young Child Feeding (IYCF) practices are a key strategy to reduce under-five mortality. Increasing mobile technology penetration in rural areas can influence IYCF practices.

Objective: To assess IYCF practices among mothers of children under-five, in a rural maternity hospital, Ramnagara district and its association with use of media.

Methods: A hospital-based cross-sectional study was conducted among 89 mothers and a pre-tested face-validated semi-structured interview schedule was administered to collect information regarding socio-demographic details, IYCF practices and the use of media.

Results: The mean age of the study population was 23.84±3.5 years. About 44.9% of them had their last child between the age group of 6-24 months. About 87.6% were breastfed within the first hour of birth. The mean duration of exclusive breast feeding was 6±3 months. None received any form of pre-lacteal feeds. Almost 21.3% had bottle fed their children. The mean age of starting complementary feeding was 7±2.6 months. About 98.9% had access to a smart phone, however only 19.1% used WhatsApp videos and messages and 12.3% used internet to search information regarding IYCF practices. Almost all respondents reported that healthcare providers were their primary source of information regarding IYCF practices.

Conclusion : IYCF practices of the study population was better than the national average. These findings highlight the importance of the role of grass root level workers and primary care physicians in imparting knowledge among mothers in IYCF practices. The scope of using media to reinforce the good practices appears to be a distinct possibility.

Keywords: IYCF practices, media, rural mothers

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Title : A cross sectional study to assess the quality of health information available on the internet using discern checklist and honcode

Authors: : 1. Dr Nasreen P M, 2. Dr Hamsa L, 3. Dr Ranganath T S

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0191

Type of presentation : E- POSTER PRESENTATION

Introduction: The COVID 19 pandemic has affected every single aspect of life in the world. However, this has also led to a pandemic of myths and misconceptions about the disease, particularly in the internet medium, stemming from fear mongering and financial gains. This seriously undermines the efforts by governments and health services. This study aims to assess the quality of the health information provided regarding treatment of COVID 19 from online articles using the discern checklist.

Objective: To assess the quality of the health information on treatment of COVID 19 from online articles using the DISCERN checklist and the HONcode.

Methods: This was a cross sectional study conducted by searching the term 'COVID 19 treatment' in a public access computer in incognito mode. The top online articles were shortlisted and critically analysed using the DISCERN checklist and the HONcode. The DISCERN checklist is a short questionnaire that helps to assess the quality of health information on the treatment of health conditions provided in a website/ article. The HONcode, approved by WHO, is a seal that certifies that the information provided by the website is accurate and reliable. Based on a previous study conducted by Cuan-Baltazar et al, 70% of the analysed websites had low DISCERN score. Based on this, the sample size is calculated to be 84.

Results: The top websites were mostly news sites, governmental sites and sites of nongovernmental organisations. 69.07% of the websites (n = 58) had low DISCERN score. Only 9.52% of websites (n = 8) had the HONcode certification.

Conclusion: Inaccurate information on the treatment of COVID 19 is still prevalent on the internet. Strict government regulations must be made to improve the quality of information on the internet.

Keywords: COVID 19, Treatment, Health Information, Quality, Internet

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Title : Trend analysis of retroviral positive subjects attending an anti-retroviral therapy centre in urban Bangalore.

Authors : Divya Bharathi G, Ramesh Masthi NR, Pruthvi S

Institution name : KIMS, Bangalore

Registration Id : RMCKACH0199

Type of presentation : Poster

Introduction: HIV infection in India is a major challenge. Poor compliance of Antiretroviral therapy (ART) affects the progress towards achieving the NACO treatment targets.

Objective: 1. Trend analysis of retro viral positive subjects at an ART center in the last 10 years.
2. To assess the adherence to treatment among the subjects in 2019.

Methodology: A descriptive study was conducted at an Anti-Retroviral Therapy (ART) Centre of a Tertiary Hospital of Bengaluru, India. Cases initiated on treatment in 2019 were followed up for treatment adherence. The CD4 count and viral load were compared in a sample of priority subjects. Case record analysis was done to describe the new cases initiated on treatment in the past decade.

Results: A total of 3482 cases who were initiated on treatment from 2008 to 2019. The number of new cases registered were 398 in 2008 and 100 in 2019 showing a decline in trend. 87.8% of the subjects were in the age group between 18 to 50 years. The leading cause of exposure observed was Heterosexual contact (94.5%), followed by Male Sex with Male contact (1.2%), Mother to child transmission (0.5%), etc. In subjects registered in 2019, the adherence to treatment was observed to be >95% in 89%. 295 patients were diagnosed with tuberculosis co-infection in the study period.

Conclusion : There was a declining trend of new cases registered in the past decade. Treatment adherence was good with >95%. There was significant relationship between CD4 count and viral load.

Keywords: HIV, ART centre, Treatment adherence, Trend Analysis.

Title : Acceptability of Nutritional Assessment Methods: Deciphering Perceptions of Women in Coastal Karnataka

Authors: : 1.Irfana Nizar, 2.Dr.Dimple Ann Dias, 3.Dr.Akshaya K M

Institution name : Yenepoya Medical College

Registration Id : RMCKACH0219

Type of presentation : Poster Presentation

Background: Anthropometric measurements, supplemented by an assessment of food consumption using dietary surveys help assess nutritional problems in a community. Various anthropometric and dietary assessment methods have been used in clinical practice and epidemiological studies but their acceptance is being seldom studied.

Objective: To assess the perceptions towards acceptability of different anthropometric dietary intake assessment methods among the women in the reproductive age group

Materials and Methods:

A cross-sectional study was conducted at Pavoora in rural field practice area of a medical college in Dakshina Kannada district among 288 women in the reproductive age group from July to September 2019. Anthropometric measurements were taken and the dietary assessment processes were demonstrated/ explained and asked for their acceptability.

Results: Median age of the participants was 30 years (18 - 45 years). Majority (75.3%) were married; about 142 (49.3%) had 1 to 3 living children and 91.3% belonged to below poverty line. Among the anthropometric measurements, weight was found to be perceived as most acceptable (99.3%). Neck circumference was perceived as less acceptable (98.6%). Among the dietary assessment methods, weighing of cooked food (98.6 %) was found to be perceived as most acceptable, followed by 24 hour recall method (97.2 %) and weighing of raw food (96.5 %). There was no association between various socio-demographic variables and acceptability of anthropometric/ dietary assessment methods.

Conclusion: All anthropometric measurements and dietary assessment methods was perceived as acceptable by majority of the women in the reproductive age group from the study area.

Keywords: Nutritional assessment ,Anthropometry ,Dietary assessment , Women

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Title : **How aware are rural women about early childhood developmental milestones? A cross-sectional study among mothers of young children availing health care at a maternity hospital in rural South India**

Authors : **Suman Sarah Varghese**, Merlyn Joseph, Tutor, Avita Johnson, Rachna Gohil, Sanjana Thomas, Presty Lukose, Sandra Mary Jose

Institution name : St. John's Medical College

Registration Id : RMCKACH0224

Type of presentation : Poster

Background: Early childhood developmental delays (ECDDs) affect 10% of Indian children. Mothers play a pivotal role in early identification and seek timely care for ECDDs.

Objective: To assess awareness of early childhood developmental milestones and identify factors influencing awareness among mothers of young children availing healthcare at a maternity hospital in rural South India

Methods: This hospital-based, cross-sectional study included mothers with a child under three years. Interview schedule captured socio-demographic and obstetric details, awareness about developmental milestones. Responses were scored with maximum score of 36 (Gross Motor-11, Fine Motor-6, Social-8, Language-7, Risk factors- 4). T-test and ANOVA were used for associations between awareness of developmental milestones and independent covariates.

Results: Among the 156 mothers who participated, the mean awareness score was 12.4 ± 3.6 [Gross motor: 2.97 ± 1.6 , fine motor: 2.35 ± 1.4 , social: 2.03 ± 1.3 , language domain: 2.33 ± 1.2 and risk factors: 2.67 ± 3.6]. Awareness of some of the first milestones to be achieved in infancy was found to be low. Significantly higher awareness scores were found among mothers with higher education ($p < 0.05$) and those who received health education during pregnancy regarding developmental milestones from a health worker ($p < 0.05$).

Conclusion : Awareness among rural mothers regarding early childhood milestones across all developmental domains was found to be inadequate. Poor maternal awareness of milestones that are the first to be achieved is likely to result in delayed recognition and intervention for DD. Community-level workers must educate mothers regarding ECDD during immunization sessions and home visits, using the Mother and Child Protection Card as an educational tool.

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Title : A study on self-efficacy among alcohol dependent patients during forced abstinence due to covid-19

Authors: : Sangeetha A, Sudhakar S, Ranganathan T, Kannan PP

Institution name : Chengalpattu Medical College and Hospital, Chengalpattu, Tamil Nadu

Registration Id : RMCKACH0239

Type of presentation : Poster Presentation

Introduction: National lockdown since March 2020 and the consequent acute non-availability of alcohol resulted in people with alcohol dependence going into withdrawal symptoms, black marketing of alcohol, and in extreme cases suicide. This study focuses on Self-efficacy of abstinence among alcohol dependent men due to forced abstinence.

Objectives: To study the Socio demographic, Clinical characteristics, Severity of Alcohol Dependence and the Self-Efficacy of Abstinence among participants.

Methodology: Sample of 50 Alcohol Dependent Out-patients who attended Psychiatry OPD at Chengalpattu Medical College & Hospital during APRIL-MAY2020 were randomly selected and included. Socio demographics, Clinical characteristics data were collected. Severity Of Alcohol Dependence Questionnaire, Clinical Institute of Withdrawal Assessment Scale-Alcohol Revised and Alcohol Abstinence Self Efficacy Scale were the scales used.

Statistical Analysis: All anthropometric measurements and dietary assessment methods was perceived as acceptable by majority of the women in the reproductive age group from the study area.

Results: Variables like financial strain (57.9%), moderate to severe dependency (55.6%) and status of withdrawal symptoms (84.2%) were significantly associated with low self – efficacy (P< 0.05). Associations between Age, Education, Occupation, Income and Quantity of drink and Self-efficacy were found to be statistically not significant.

Conclusion: At institutional level Tele-psychiatry services can be promoted to address the alcohol related issues. During follow-up Self-efficacy score has to be monitored to prevent relapse and thereby maintaining abstinence.

Keywords: Self-Efficacy, Alcohol Dependence, Forced abstinence

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Hall C - Session 11 - PG poster

Title : A study on prevalence of internet addiction among students of meenakshi medical college hospital and research institute.

Authors : 1.M.Pushpa Kumari, 2.Kokila Selvaraj, 3.Vaishnavi

Institution name : Meenakshi Medical College Hospital and Research Institute

Registration Id : RMCKACH0278

Type of presentation : Poster

Introduction: Internet has become an essential tool in day to day life.It has become an important and convenient mode for networking and internet exchange.The present study aimed at determining the prevalence of internet addiction among medical college students.

Objective: To assess the prevalence of internet addiction among medical undergrada- ate students

Methods: A cross-sectional study was carried out via online survey at Meenakshi medical college in Kanchipuram. Sample size was calculated as 121and Simple random sampling method was used. Validated scale called Young’s internet addiction test was deployed. Results were entered in Microsoft ex- cel and was analysed using SPSS version 21.

Results: Among the 121 study subjects, 57.9%(70) were males and 42.1%(51) were females.The prevalence of internet addiction among the study subjects in the present study was 61.9% mild, 15.7% moderate, while 22.4% students reported normal internet usage.Among males 61.4% are mild users and 24.2% are moderate users.Among females 62.7%are mild users and 3.9% are moderate users.

Conclusion : Internet addiction is a growing health problem among medical students, hence necessary preventive interventions is important to promote healthy and safe usage of internet.

Keywords: Internet addiction, young’s scale, medical students.

Title : Knowledge, Attitude and Practices of hand Hygiene among Rural Population of Kolar

Authors: : 1. Dr Sushma A, 2. Dr Naresh S J

Institution name : Sri Devaraj Urs Medical College

Registration Id : RMCKACH0288

Type of presentation : Poster Presentation

Introduction: The hand hygiene (HH) behaviour of the general population and its effect on illnesses like diarrhoea, respiratory infection, COVID 19 etc are issues of growing importance. The knowledge level and HH behaviour of the general population is relatively limited. The understanding on the knowledge gap and public towards HH, thereby providing information on health promotion activities and campaigns to improve HH compliance.

Objectives: 1. To assess the knowledge, attitude, and practices regarding hand hygiene.
2. To find the association between some social factors on hand hygiene.

Methodology: A Community based cross-sectional analytical study was done among rural population of Kolar. Assuming the good awareness level to be 50%, absolute precision of 6%, 95% confidence interval, the minimum required sample size was calculated to be 267 (calculated using Open epi). This study was conducted in the Kembodi, Primary Health Centre (PHC) which covers 14 villages. Three villages were selected randomly until the required sample size is achieved considering at least more than 120 households in the selected village. The interview was done by the administration of Hand Hygiene practice questionnaire

Results: Of 267 study participants the mean (SD) age of the study population was 52.2(18.3) year. Around 81% of the respondents were having good knowledge and attitude towards hand hygiene practices. About 85.84% of the study participants were practicing hand hygiene at home.

Conclusion: The hygiene practice and behaviour were not as highly complied as expected. Future interventions should focus more on advocating sustainable behaviour of good hygiene.

Keywords: Hand Hygiene, Knowledge, Attitude and Practices

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Title : Impact of covid-19 lock down on glycemic control in patients with diabetes

Authors : Kavitha. V, Balaji. A

Institution name : Tagore Medical college and Hospital, Chennai

Registration Id : RMCKACH0294

Type of presentation : Poster

Background: Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves. Pillars for good glycemic control are good life style modification with proper medication under medical guidance and follow up. All these pillars may be shaken in the lock down period.

Objective: To study the impact of COVID-19 lock down on glycemic control in patients with Diabetes.

Materials and Methods: A Cross sectional study performed at the Urban Health Training Centre, duration of study one week after the lockdown period. 25 type-2 diabetic patients who had attended OPD in the last one week and had good glycemic control in the past without any chronic complications, and willing to participate were included. This was identified based on previous follow up clinical records. Data - Using IBM SPSS paired T test, statistical analysis was done and fasting, post prandial and random blood sugars before and after lock down were compared.

Results: Comparison of Mean Blood Glucose after Lock down period were higher than before lock down, and also statistically significant ($p < 0.001$) difference was seen with fasting, post prandial and random mean blood glucose.

Conclusion : This study showed that overall glycemic control got deranged during the lockdown period.

Keywords: Diabetes, COVID 19, Lockdown, Glycemic control

Title : **A comparative study of malnutrition and anemia among mid-adolescent children of urban and rural area of Mysuru district, Karnataka.**

Authors: : **Shabeena A,** Amoghashree, MRN Murthy

Institution name : JSS Medical College, Mysuru

Registration Id : RMCKACH0296

Type of presentation : Poster Presentation

Introduction: One of the basic requirements to grow or to sustain life is nutrition. Growth will be affected if there is deficiency in the nutrient intake either in quality or in quantity. Nutritional anthropometry has a significant role in the assessment of nutritional status among the school children.

Objectives: To estimate the prevalence of malnutrition and anemia among high school children of urban and rural area.

Methodology: Cross sectional study was conducted among selected high schools of urban and rural area, Mysuru. All the students present on the day of data collection were included after obtaining the consent from school head and parents. Data thus obtained was analyzed using SPSS V.25 (Licensed to JSS AHER)

Results: Among the 400 students each, mean age was 14.22 ± 0.970 and 13.48 ± 0.68 boys (56.5% and 53%) are more compared to girls 14.51 ± 1.09 and 13.92 ± 0.69 (43.5% and 47%) in both urban and rural area respectively. Among the urban high school students, majority (63.2%) were in 8th standard and among rural students, 35.8% were in 10th standard. The prevalence of anemia was noted to be 6.5% in urban area and 13.3% in rural area. Prevalence of malnutrition was more in urban area (62.3%) than rural area (35.5%).

Conclusion: Anemia is more prevalent in rural area when compared to urban area whereas malnutrition is more prevalent in urban area when compared to rural area

Keywords: Anemia, Malnutrition, High school, mid-adolescent

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Title : **Anxiety and depression among doctors during covid 19 pandemic**

Authors : **R. Nivetha,** A. Balaji, A. Radhakrishnan

Institution name : Tagore Medical college and Hospital, Chennai

Registration Id : RMCKACH0313

Type of presentation : Poster

Background: Doctors are very often susceptible to Job burnout with the highest levels of anxiety and depression where they are exposed to an overwhelming amount of job-related stress. The common factors like inappropriate job conditions in terms of high workload coupled with lack of time to adequately address the patient's needs increases the anxiety and depression among doctors especially this is more during this COVID pandemic time.

Objective: The study is aimed at assessing the level of anxiety and depression among doctors during this COVID 19 pandemic period and its associated risk factors.

Materials and Methods:

A cross sectional study were conducted among physicians working in COVID care centers by mailed questionnaire through Google forms after obtaining the informed consent. The study participants were selected by convenient sampling method and sample size was aimed at reaching 100 doctors ($p = 50\%$). The chi-square test was applied for testing the hypothesis.

Results: The study revealed 42% prevalence of depressive symptoms and 48% prevalence of anxiety symptoms among doctors working in COVID care centers during COVID19 outbreak.

Implications : The impact of COVID 19 anxiety and depression levels among doctors will provide a template for the design and implementation of interventions that will address the mental health needs of doctors in the Covid-19 pandemic era.

Keywords: Anxiety, Depression, COVID

Title : Quality of life among those with Chronic Obstructive Pulmonary Disease - a cross sectional study.

Authors: : 1. Divya N R, 2. Babitha Rajan, 3. Shalini S, 4. N S Murthy.

Institution name : Ramaiah Medical College

Registration Id : RMCKACH0319

Type of presentation : Poster Presentation

Introduction: Chronic obstructive pulmonary disease (COPD) has a major impact on health status by affecting the daily activities of life. COPD, if not managed properly can contribute to a significant proportion of people who may suffer increased disability and reduced quality of life. The care of COPD patients can only be optimised if there is a reliable, standardised measure of the overall effect of disease on each patient's health.

Objectives: To assess the quality of life among those with COPD.

Methodology: Community based cross sectional study was done among 1007 study subjects of which 46 were confirmed with COPD in Devanahalli Town Municipal Corporation, Karnataka. COPD Assessment Test (CAT) questionnaire, a validated tool for evaluation of quality of life in COPD patients was used. CAT score grading: >30- very high impact, >20- high impact, 10-20- medium, <10- low impact on the health status

Results: Among the 46 COPD patients, 28 (60.9%) were males and 18 (39.1%) were females. The mean CAT score was 19.0 (SD±5.58). It was noted that 26 (56.5%) had very high impact on health status respectively. Both in univariate analysis and multivariate analysis, smoking and dyspnoea had a significant impact on quality of life.

Conclusion: This study showed that COPD has a very high impact on quality of life indicating that there is a need for improvement by additional pharmacological treatments and pulmonary rehabilitation.

Keywords: COPD Assessment Test, Quality of Life.

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Title : Weight changes and its determinants among sputum positive pulmonary TB patients in Bengaluru – a prospective study

Authors : Manasa D, Lalitha K, Ananth Ram, Sivaraj N S, Murthy N S

Institution name : Ramaiah Medical college

Registration Id : RMCKACH0321

Type of presentation : E - Poster

Introduction: Weight changes indicating undernutrition has a bidirectional relationship with TB and is an established prognostic risk factor. It contributes to an estimated 55% of annual TB incidence in India. Positive weight changes among Indian patients without additional nutritional support are in the range of 3–4 kg. Undernourished patients with TB get into a vicious cycle of worsening disease and undernutrition, which is detrimental.

Objective: To study the weight changes and its determinants among newly diagnosed drug sensitive smear positive pulmonary TB patients

Methodology: A prospective study was conducted among 121 newly diagnosed drug sensitive smear positive pulmonary TB patients ≥ 18 years registered in selected tuberculosis units in Bangalore. A pretested questionnaire administered, weight and height was measured at recruitment. Patients were followed up for weight assessment at the end of two and six months. Repeated ANOVA measures was applied to see statistical difference in the weight changes between start of the treatment, end of two months and six months.

Results: Mean weight at the start of the treatment, end of two months and six months was 55.72±8.9, 56.7±8.5 and 58.2±8.2 kgs respectively. The weight changes between the groups was found to be statistically significant (p value < 0.001). Weight change was significantly associated with alcohol, tobacco use, overcrowding, clubbing and pallor in univariate analysis; while presence of pallor and tobacco use was significant in multivariate analysis.

Conclusion : Weight monitoring regularly in TB patients with proper nutritional counselling is essential for treatment support and success of NTEP program.

Keywords: Tuberculosis, undernutrition, determinants

Hall A - Session 12 - PG Ora - MCH + Infectious Diseases

Title : A cross sectional study to evaluate the breast feeding practices among mothers in the slum area of Peddammagadda .

Authors: : Sucharita Valluri

Institution name : Kakatiya Medical College, Warangal

Registration Id : RMCKACH0097

Type of presentation : Oral Presentation

Introduction: Acute Encephalitis Syndrome (AES) is of major public health importance worldwide due to huge emotional and economic loss. It is estimated to affect 30, 000–50, 000 individuals in the world. An epidemiological understanding of this disease is essential to develop better prevention, intervention, and control strategies.

Objectives: To describe the sociodemographic, clinical, etiological and neuroimaging profile of AES case patients visiting a tertiary neuro- specialty care hospital in India.

Methodology: Record review of all patients attending Neurology emergency and OPD services, diagnosed with AES under the codes G02*, G02.0*, G04, G04.0, G04.8, G04.9, G05*, G05.0*, G05.1* of ICD 10 classification, during 2019 was conducted.

Results: Overall 101 patients with AES reported to the casualty during 2019. Out of this 39.60% had viral etiology, 9.90% had meningoencephalitis, 3.96% had Acute Necrotising encephalitis and etiology was not ascertained (AES of unknown etiology) in 46.53% patients. Most patients were waged workers (46.53%), adults (61.38%), presented with fever (96.04%), altered sensorium (64.35%), seizures (70.30%), headache (42.57%) and vomiting (27.72%). Viral AES was mostly HSV (21.78%), followed by Chikungunya Encephalitis (4.95%), Arboviral (Chikungunya-Dengue cross-reactivity) encephalitis (3.96%), Japanese Encephalitis (3.96%), Rabies (2.97%), Dengue (0.99%) and Varicella (0.99%). CSF pleocytosis was present in about 44% of the subjects and increased protein was seen in 40 (39.6%) patients. Abnormal CT Brain findings were found among 44.55% and 41.58% of AES patients showed MRI abnormal findings.

Conclusion: There is a need to increase the battery of tests to reduce AES of unknown etiology. A syndromic approach to diagnosis and laboratory investigations could be planned to ensure efficient management of resources.

Keywords: Acute Encephalitis Syndrome, Encephalitis, Brain Infections

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Title : Study of “Three delay model” of maternal morbidity and mortality in two tertiary care hospitals of Belagavi.

Authors : Jyothi Singh, Chandra S. Metgud

Institution name : Jawaharlal Nehru Medical College

Registration Id : RMCKACH0123

Type of presentation : Oral

Introduction: Every year millions of women around the world suffer from pregnancy, childbirth and postpartum complication. The “three delay model” forms an important component in assessing poor maternal outcome. These delays have been identified to understand the gap in access to adequate obstetric management.

Objective: To study the “three delay model” of maternal morbidity and mortality in two tertiary care hospitals of Belagavi.

Methodology: A cross sectional study was conducted for one year in two tertiary care hospitals of Belagavi among antepartum, intrapartum and postpartum mothers experiencing Severe Maternal Outcome. A sample of 200 was calculated based on prevalence of previous maternal near miss incidence ratio. To assess the Maternal Near Miss (MNM) cases “Modified Facility Based Maternal Near Miss Review Form” was used.

Results: Out of 200 MNM cases, all types of delays were noted in our study. Type I delay was seen in 134 (67.0%) MNM cases, followed by 130 (65.0%) experiencing Type II delay and the third type of delay being observed among all the referred study participant. Assessment of association between maternal outcome and the “3 delay model” by use of logistic regression analysis suggested that women who faced any kind of delay were 2.5 to 7 times more likely to end up with poor maternal outcome.

Conclusion : Majority of MNM cases in our study presented in critically ill condition due to the delays. These causes need to be addressed on priority basis.

Keywords: World Health Organization, Maternal Near Miss, Three Delay Model, Severe Maternal Outcome.

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Title : Awareness about the contents of mother and child protection card among pregnant women and lactating women of a rural area.

Authors: : Anupama. K, Asha Bullappa

Institution name : SSIMS & RC

Registration Id : RMCKACH0144

Type of presentation : Oral Presentation

Introduction: India has recorded a momentous reduction in the deaths of mother and infants. In Indian set up, maternal and child health problems are due to unawareness, poverty and lack of scientific knowledge regarding care during the issue. Though all the details are given in the MCPC, utilization of the card is being done only for recording of information

Objectives: 1. To describe the socio-demographic profile of the study subjects.
2. To assess the knowledge about the contents of mother and child protection card (MCPC) among the pregnant and lactating women of a rural area

Methodology: This was a cross sectional study done in a lokikere PHC area for 2months (July 2019- Sep 2019). A list of pregnant women seeking antenatal services and mothers seeking services in PHC was included. House to house visit was done to get the information from the study subjects.

Analysis: Analyzed using SPSS version 10. The categorical data was represented in the form of frequency and percentage

Results: Among 161 study participants, Antenatal women were 83 & lactating mothers were 78. Age group of 19 to 24 yrs were found to be higher (39.1%). 59% had done till 10th std.

Conclusion: Antenatal mothers were lacking knowledge regarding the MCPC cards because of the ignorance to read the cards

Keywords: MCPC, Antenatal mothers, lactating mothers.

Title : **To estimate the pregnancies during covid-19 pandemic lockdown in urban slum -field practice area , Bangalore Medical College and Research Institute.**

Authors : **Raksha R Nayak, Jyothi Jadhav, Ranganath T S**

Institution name : Bangalore Medical College and Research Institute

Registration Id : RMCKACH0147

Type of presentation : Oral Presentation

Introduction: Covid-19 pandemic continued to spread globally with the necessity to impose lockdown of different magnitude to contain the spread of the virus. As people were restricted to their homes during the lockdown a phenomenon called “lockdown imposed intimacy” has been observed especially in India which in turn resulted in the rise of unplanned pregnancies and abortions. Hence this study was conducted to estimate the pregnancies during lockdown in an urban slum.

Objective: To estimate the incidence of pregnancies during covid-19 pandemic among eligible couple residing in urban slum - field practice area, BMCRI.

Methodology: A cross sectional study was conducted among 4420 Eligible couples residing in urban slum-field practice area of a Government Medical College, Bengaluru. As per the Indian pregnancy rate of 20% the sample size calculated with 7% precision was calculated as 125. The data was collected using a pre-tested, semi -structured, validated questionnaire by household interview method. The data collected was entered in MS Excel and analyzed using SPSS.

Result & Conclusion: Out of the total participants 35.3% eligible couples were pregnant, 5.9% in first trimester, 11.8% in second trimester and 17.6% in third trimester. This study shows there is an increase in incidence in pregnancy rate in comparison to other studies conducted with majority being unplanned pregnancy post lockdown.

Keywords: Pregnancy, Lockdown, Urban slum.

Title : **Risk status assessment in pregnant women presenting for antenatal care in urban health care facility, Belagavi**

Authors: : **Umayorubhagom Ashok, Sulakshana.Baliga S, Padmaja Walvekar R**

Institution name : Jawaharlal Nehru medical college

Registration Id : RMCKACH0155

Type of presentation : Oral Presentation

Background: Maternal health remains a major cause of mortality in developing countries. Adequate antenatal care is valuable in protecting the health of pregnant women and ensuring successful outcome. The main aim is to identify the high-risk cases from general population and provide appropriate expert care.

Objectives: To assess the risk status of pregnant women presenting for antenatal care in an urban health facility in Belagavi.

Methods: A cross sectional study was conducted involving 214 pregnant women in an urban health care facility and their risk status was assessed using a WHO scoring system. Socio-demographic variables, maternal characteristics -number of surviving children, time since last delivery, gestational age of index pregnancy at booking, past medical history, place of last confinement, preference for place of delivery, haemoglobin estimation, random blood sugar & urine routine was done for every participant. SPSS statistical software and chi square test was used for analysis.

Results: The age range of the women in the study was 16-43 years. The mean age was 25.3 years. 86% of pregnant women were between 20-29yrs, 78.5% had a inter pregnancy interval of less than 2yrs, 56.5% was the prevalence of anaemia, 22% were in high risk & 15.9% were in very high-risk group. The vast majority of women with at risk pregnancies registered for antenatal care late: 61.7% registered for antenatal care in the second trimester and 18.5% registered in the third trimester of pregnancy ($p < 0.05$).

Conclusion: This study revealed that a substantial proportion of women with at risk pregnancies go through pregnancy period without significant modern antenatal care. Women with higher risk should be referred to higher centers for further management. Remaining pregnant women must be given care at primary health care level only.

Keywords: Risk status, pregnant women, antenatal care.

Title : Profile of patients with acute encephalitis syndrome attending a tertiary care hospital in south india

Authors : Suma R, Netravathi M, Pradeep BS, Gururaj Gopalakrishna, Priya Thomas Treesa, Bhagteshwar Singh, Anita S Desai, Ravi Vasanthapuram

Institution name : National Institute of Medical Sciences and Research, Jaipur, Rajasthan

Registration Id : RMCKACH0230

Type of presentation : Oral Presentation

Introduction: Acute Encephalitis Syndrome (AES) is of major public health importance worldwide due to huge emotional and economic loss. It is estimated to affect 30, 000–50, 000 individuals in the world. An epidemiological understanding of this disease is essential to develop better prevention, intervention, and control strategies.

Objective: To describe the sociodemographic, clinical, etiological and neuroimaging profile of AES case patients visiting a tertiary neuro specialty care hospital in India.

Methodology: Record review of all patients attending Neurology emergency and OPD services, diagnosed with AES under the codes G02*, G02.0*, G04, G04.0, G04.8, G04.9, G05*, G05.0*, G05.1* of ICD 10 classification, during 2019 was conducted.

Result : Overall 101 patients with AES reported to the casualty during 2019. Out of this 39.60% had viral etiology, 9.90% had meningoencephalitis, 3.96% had Acute Necrotising encephalitis and etiology was not ascertained (AES of unknown etiology) in 46.53% patients. Most patients were waged workers (46.53%), adults (61.38%), presented with fever (96.04%), altered sensorium (64.35%), seizures (70.30%), headache (42.57%) and vomiting (27.72%). Viral AES was mostly HSV (21.78%), followed by Chikungunya Encephalitis (4.95%), Arboviral (Chikungunya-Dengue cross-reactivity) encephalitis (3.96%), Japanese Encephalitis (3.96%), Rabies (2.97%), Dengue (0.99%) and Varicella (0.99%). CSF pleocytosis was present in about 44% of the subjects and increased protein was seen in 40 (39.6%) patients. Abnormal CT Brain findings were found among 44.55% and 41.58% of AES patients showed MRI abnormal findings.

Conclusion: There is a need to increase the battery of tests to reduce AES of unknown etiology. A syndromic approach to diagnosis and laboratory investigations could be planned to ensure efficient management of resources.

Keywords: Acute Encephalitis Syndrome, Encephalitis, Brain Infections

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Hall B - Session 13 - PG oral - MCH + Infectious Diseases

Title : **Birth Preparedness and Complication Readiness (BPCR) among rural pregnant women – a community based cross – sectional study**

Authors: : Sandhya Gowthaman, Deepti M Kadeangadi

Institution name : Jawaharlal Nehru medical college

Registration Id : RMCKACH0165

Type of presentation : Oral Presentation

Introduction: Globally, approximately 810 women die from preventable causes related to pregnancy and childbirth. Most of the maternal deaths occur during labor, delivery and within 24 hours post – partum. Majority of these deaths are preventable through effective, affordable, timely and quality services. BPCR is a safe motherhood approach to improve the use and effectiveness of key maternal and newborn health services, based on the fact that preparing for birth and being ready for complications reduces all the phases of delays in receiving these services.

Objectives: To assess the Birth Preparedness and Complication Readiness among rural pregnant women in the field practice area of Kinaye, Primary Health Center, Belagavi.

Methods: A community based cross – sectional study was conducted among 400 pregnant women in the rural field practice area of PHC, Kinaye, Belagavi for one year from 1st January 2019 to December 31st 2019. IBM SPSS 25.0 trial version was used for analysis. The BPCR index was calculated using 12 indicators.

Results: Among the 400 pregnant women in the study, 158 (39.5 %) were primigravida and 242 (60.5 %) pregnant women were multigravida. The BPCR index was 47.1 %.

Conclusion: The BPCR index was low. Health education regarding key danger signs during pregnancy, labour, postpartum and in newborn, benefits of BPCR should be given to pregnant women and their family members to make them well prepared.

Keywords: BPCR, key danger signs, rural pregnant women

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Title : Low birth weight and its associated factors: A Hospital based study

Authors : Dr Saranya K, Dr Chethana R

Institution name : Kempegowda Institute Of Medical Sciences, Bangalore

Registration Id : RMCKACH0196

Type of presentation : Oral Presentation

Introduction: Low birth weight is a major public health problem in developing country like India and closely associated with the fetal and neonatal mortality and morbidity. According to NFHS-4, Prevalence of low birth weight is 18%. The NFHS 4 reports association of low birth weight to place of residence (urban or rural), age of mother, religion and caste, birth order of the baby, education, wealth and use of tobacco. The maternal risk factors are biologically and socially interrelated. In this regards, the present study was carried out to estimate the prevalence of LBW and factors associated with it.

Objective:

1. To estimate the prevalence of Low birth weight.
2. To describe socio-demographic characteristics of study subjects.
3. To find out factors associated with low birth weight.

Methodology: A descriptive study includes all institutional deliveries comprising mothers and their new born babies conducted from September to December 2019at Referral Hospital Banashankari. All babies were weighed within 24 hours after the birth. All mothers were examined and interviewed regarding socio-demographic characteristics, obstetric details, antenatal care, maternal illness, using a pre-tested semi structured proforma. Data was entered in excel and analysed using SPSS version 16.

Result : The prevalence of low birth weight was found to be 16 % and the mean and standard deviations of the birth weights were 2902.3 ± 400.7 grams. Majority of subjects i.e 64% were hindus, 58% belong to class 3(upper middle) according to modified kuppusamy classification. A statistically significant association was found between Socio-economic status, age at pregnancy, spacing of birth, maternal illness with LBW.

Conclusion: The prevalence of LBW was found to be 16 % and associated with socio-economic status, age at pregnancy, spacing of birth, maternal illness.

Keywords: Low birth weight, prevalence, maternal factors

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Title : Prevalence and Socio-demographic Factors Associated with Family Planning Practices by Eligible Couples in a Rural Field Practice Area

Authors: : Ashwini M, Raveendra HR Reddy, Ms Supriya

Institution name : Vydehi Institute of Medical Sciences and Research Centre, Bengaluru

Registration Id : RMCKACH0231

Type of presentation : Oral Presentation

Introduction: The Family Planning Practices (FPPs) were introduced to improve the health of the mother and child; and to reduce morbidity and mortality. The need for FPP is still unmet due to various reasons.

Objectives: 1. To estimate the prevalence of FPP among eligible couple in the rural field practice area of VIMS and RC
2. To assess the socio-demographic factors associated with FPPs

Methods: A cross-sectional study was conducted among 264 eligible couple in the rural field practice area of VIMS & RC, from October-2019 to July-2020. Data was collected by semi-structured and pre-tested questionnaire. Data entered and analyzed using Epi Info. Chi-squared test and multiple logistic regression were used. $P < 0.05$ was considered significant.

Results: The prevalence of usage of any family planning practice was 72.34% ($n = 191/264$). The common FFP were tubectomy 155(81.6%), natural methods 13(6.8%), condom 11(5.8%), IUCD 06(3.2%). Age-group, education, working status of the women and number of children were significantly associated with the usage FFP ($P < 0.01$). The husband's education and occupation had no significant association with use of FPP. Majority of women availed contraceptives from government facility 140(79.1%), followed by private 21(11.9%) and pharmacy 16(9%). Among those who are not using any FFP, the commonest reason was unwillingness 27/74(36.5%). On multiple-variate analysis, age and occupation of women; and number of children were significantly associated.

Conclusion: The prevalence of FFP was high. Factors such as age, occupation and number of children were significantly associated with the FFP. There is need to focus on young couples.

Keywords: Family Planning Practices, Socio-demographic factors and Eligible couple

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Title : **A comparative study to assess the nutritional status of anganwadi children in rural and urban field practice areas of KIMS, Bangalore.**

Authors : Jayanthi Srikanth, **Deepthi Nagaraj**

Institution name : Kempegowda Institute Of Medical Sciences, Bangalore

Registration Id : RMCKACH0262

Type of presentation : Oral Presentation

Introduction: Malnutrition causes nearly 50% of under-five deaths globally. In Karnataka, 28% & 27.3% of under-five children are undernourished in urban and rural areas respectively, despite ICDS. Early identification and timely intervention reduces childhood mortality-morbidity-disability.

Objective: To compare nutritional status of Anganwadi children in rural and urban field practice areas of KIMS.

Methods: The study was conducted in Anganwadis of rural and urban field practice areas of KIMS, Bangalore. Calculated sample size was 330, simple random sampling design was applied. After obtaining written informed consent from mothers of study subjects, anthropometry and physical examination was done. Growth was assessed using WHO Z scores (WHO ANTHRO Software version 3.2.2). A structured questionnaire was administered to AWWs assessing their knowledge about ICDS. Data was analysed using descriptive and inferential statistics.

Result : 335 children (Rural) & 334 (Urban) were studied. Majority were males (50.4%) in rural and females (51.8%) in urban areas. Mean age (Rural) was 35.82 months (SD \pm 16.71) and 29.38 months (SD \pm 13.43) in Urban area. In rural area, 29.55% were underweight; 15.53% had wasting and 45.97% had stunting. In urban area, 28.96% were underweight, 12.57% had wasting and 43.41% had stunting. 42.12% and 56.25% AWWs had good knowledge in rural and urban areas respectively.

Conclusion: Malnutrition was higher in rural Anganwadis. Focusing on mild-moderate under-nutrition, providing frequent health education to mothers by AWWs, and periodic assessment of knowledge of AWWs are recommended in-order to improve the nutritional status of Anganwadi children.

Keywords: Anganwadis, Malnutrition, Underweight, Stunting, Wasting

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Title : Prevalence of Gynecological Morbidity and Health seeking behavior among women in Reproductive age group in Urban Slum of Tumkur - A cross sectional study

Authors: : Savitha Rani B B, Greshma C, Amulya B S, Chaithanya N

Institution name : Sri Siddhartha Medical College and Research Centre

Registration Id : RMCKACH0292

Type of presentation : Oral Presentation

Background: Gynecological Morbidity is defined as any condition, disease, or dysfunction of the reproductive system, which is not related to pregnancy, abortion, or childbirth but it may be related to sexual behavior. Assessing gynecological morbidity is a complex process as women either do not consider it a significant health problem or hesitate to talk about it.

Objectives: To assess Gynecological Morbidity and Health seeking behavior among women in Reproductive age group.

Methods: A semi structured questionnaire-based survey was conducted in a total of 240 women in the reproductive age group of 15-45 years with known case of diabetes mellitus to assess gynecological morbidities and health seeking behavior.

Results: Out of a total of 240 women, most number of respondents were from the age group of 18 – 25 years (27.3%). Most of the women (60.9%) did not have any gynecological morbidity when compared to 39.1% of those with gynecological morbidity, out of which 84.9% did not seek any health care. Out of the 15.1 % those who seek health care services, 14.7% approached doctors.85.3% of respondents did not get any treatment. Most common gynecological problems dysmenorrhea 14.10%, irregular menstruation 14.10% and increased frequency of bleeding11.25%. 10 % had lower abdominal pain with white discharge. 8.33% have duration of menstrual bleeding less than 3 days or less in amount.

Conclusion: Our study show that the prevalence of gynecological morbidity is relatively less in our community, but it is noticed that among those with the gynecological problems only a few have approached health care services, therefore there is a need for more awareness and health education among the public regarding gynecological morbidity.

Keywords: Gynecology Morbidity, Reproductive group, Heath seeking behavior

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Title : Breastfeeding practices during early neonatal period in urban slums and rural area of Bangalore districts.

Authors : Rao Akhila Keshava, Suman G, T Hemanth, Shivaraj N S

Institution name : Ramaiah Medical College

Registration Id : RMCKACH0320

Type of presentation : Oral Presentation

Introduction: Breast milk is the most ideal and valuable food for the neonate since it suffices most of the nutritional requirements if given adequately and in an appropriate manner. WHO recommends exclusive breastfeeding starting within one hour after birth, feeding of colostrum and avoidance of prelacteal feeds.

Objective: To study the breastfeeding practices during early neonatal period among postnatal women residing in urban slums and rural area of Bangalore districts.

Methodology: As a part of a larger prospective study, information regarding breastfeeding practices, including time of initiation of breastfeeding, practice of colostrum feeding and prelacteal feeding was collected using a semi-structured questionnaire among 164 postnatal women.

Result : Among 164 participants, initiation of breastfeeding within 60 mins of birth was practiced among 72% and 61% of participants from rural and urban area respectively. Colostrum was fed to 81.7% and 73.2% of newborns as first feed in rural and urban area respectively. Prelacteal feed given included honey, cow's milk, sugar water and water.

Conclusion: In this study it was seen that, among one third of neonates from rural area and more than one third of neonates from urban area, breastfeeding was initiated after 60 minutes of birth. The practice of prelacteal feeding and avoiding colostrum was also seen.

Keywords: Breastfeeding, Early neonatal period, Practices

Hall C - Session 14 - Faculty Oral - MCH + Infectious Diseases

Title : Immunization Coverage Status And Reasons For Partial Immunization In Urban Slums Of Kalaburagi City, Karnataka

Authors: : Lakshmi Kalbandkeri, Dr.Boramma.G, Dr.Shreeshail.Ghooli

Institution name : Koppal Institute of Medical Sciences, Koppal

Registration Id : RMCKACH0109

Type of presentation : Oral Presentation

Introduction: Immunization is one of the most cost-effective interventions that prevent needless suffering through sickness, disability and death. Immunization averts an estimated 2 to 3 million deaths every year from diphtheria, tetanus, pertussis and measles, however an additional 1.5 million deaths could be avoided if global vaccination coverage improves.

Objectives: : 1. Estimation of the primary immunization coverage in children aged between 12-23 months, 2. To determine the reasons for partial immunization

Methodology: A community based cross-sectional study was conducted among 450 children residing in urban area of Kalaburagi city using WHO-30 Cluster sampling technique. Informed consent was obtained from the parents of study participants after explaining to them the purpose of the study. The data collected was analyzed using SPSS version 16. Statistical analysis was done using relevant statistical tests.

Results: 74.2% of the children were fully immunized, 24.9% were partially immunized and 0.9% were non immunized. The coverage of BCG, OPV3, Pentavalent3, and Measles was 98.0%, 92.9%, 92.9% and 75.5% respectively. Lack of information (47.4%), obstacles (28.4%) and lack of motivation (24.2%) were the reasons for failure of complete immunization of the children.

Conclusion: Sustained improvement of the immunization coverage levels in the urban slum population with poor health infrastructure can be achieved by concentrating on the reasons which are influencing utilization of immunization services.

Keywords: primary immunization, reasons, urban slums, partial immunization, 12-23 months children.

Title : Assessment Of Knowledge And Practices Regarding Menstrual Hygiene Among Adolescent Girls Of Rural Area , Belagavi, Karnataka : A Cross Sectional Study

Authors : Dr. Asha Anil Bellad, Dr. Hemavathe

Institution name : Jawaharlal Nehru Medical College, Belagavi

Registration Id : RMCKACH0157

Type of presentation : Oral Presentation

Introduction: Menstruation is generally considered as unclean in the Indian society. Isolation of the menstruating girls and restrictions being imposed on them in the family, have reinforced a negative attitude towards this phenomenon. Good hygienic practices such as the use of sanitary pads and adequate washing of the genital area are essential during menstruation.

Objective: To assess the knowledge and practices regarding menstrual hygiene among adolescent girls of rural area.

Methodology: A Community based cross sectional study was conducted in January – February 2020 on 320 adolescent girls in field practice area of JNMC - Primary health center kinaye & Vantamuri in Belagavi district Karnataka. A pre-designed and pretested questionnaire was used to collect data

Result : The age of the adolescent girls interviewed ranges between 10-19 years with mean age of 15.028 years. Majority (36.94%) of girls attained menarche at the age of 14 years, the source of information for majority (68%) of respondents was mother, followed by teacher (19%), friends (12%). 67.19% girls had correct knowledge regarding cause of menstruation but only 46 % of girls correctly knew about source of bleeding. Among the respondents, majority of the girls (89.5%) , reported that they had restriction in doing religious activities and 59.33% were restricted from playing.

Conclusion: The study reveals that menstrual hygiene is still far from satisfactory among adolescent girls. Thus the above results of study reinforce the need to encourage safe and hygienic practices among adolescent girls.

Keywords: Knowledge, Practices, Menstrual Hygiene, Adolescent girls, Rural area

Title : Comparative study on unmet needs of disabled adolescents among rural and urban communities of hassan, Karnataka

Authors: : Dr Poornima Basavraj Khot, Dr. Thejeshwari H L, Dr. M. Sundar

Institution name : Koppal Institute Of Medical Sciences

Registration Id : RMCKACH0168

Type of presentation : Oral Presentation

Introduction: During adolescence, an individual is expected to acquire skills, and attain physical, psychological and social maturity, hence access to healthy living, sanitation, employment, attaining an independence and social maturity are needs of adolescents. As assessment of need of a disabled adolescence is the first step in planning the health care programmes, the present study was undertaken to assess unmet needs of disabled adolescents.

Objectives: To determine extent of disability among disabled adolescents.
To assess unmet needs of disabled adolescents.

Methodology: A Community based Cross –Sectional study was conducted among rural and urban disabled adolescents of HASSAN (July 2018- June 2019) using Modified ICF checklist version 2.1a-2003. Data on socio-demographic characteristics was collected using a predesigned pretested semi structured proforma and entered in SPSS 21 analyzed and expressed in percentages and proportions and association between variables was tested using chi-square, uni-variate and multivariate logistic regression.

Results: N=61 adolescents, 54% belonged to rural & 46% urban area. It was observed that mental disability (36%) and multiple disabilities (29.5%) were most commonly found. The unmet needs for assistive devices in our study was 19.6% of the individuals. Unmet needs playing a significant role were transportation (p value= 0.007), building structure (p value= 0.03), societal attitudes (p value= 0.002), communication and education training services (p value= 0.04).

Conclusion: There is need to provide accessible environment for the disabled adolescents in order to provide them economically productive and stable life.

Keywords: ICF, unmet needs, participation restriction, Activity limitation.

Title : Evaluation of Rogi Kalyan Samitis in the primary health centres of Dakshina Kannada district, Karnataka: A health systems research.

Authors : Kevin Antony John, Akshaya K M, Madhavi Bhargava

Institution name : Yenapoya Medical College, Mangalore

Registration Id : RMCKACH0171

Type of presentation : Oral Presentation

Background: Rogi Kalyan Samiti (RKS) was introduced under National Health Mission for improvements in service provision, accountability and community participation.

Objective: To evaluate the functioning, identify the barriers and facilitators for the effective functioning of RKS in the PHCs of Dakshina Kannada (DK) district, Karnataka.

Methodology: A mixed methods study was conducted during 2018 and 2019. Data was collected from medical officers (MOs) and reviewing the existing records of all 65 PHCs of DK district in the quantitative phase. Qualitative phase involved in-depth interviews of MOs.

Result : Ninety five percent of RKS were registered. Less than 50% and only 5% of the PHCs displayed the names of members and meetings for 2017-18 respectively. Minutes of the last EC meeting were maintained in all PHCs. The standard charter of patients' rights and user fees were displayed in 86% and 12% PHCs respectively. BMW was disposed according to norms in 91% PHCs. One fourth PHC's used RKS funds for IEC activities. No requests were made by 75% PHCs for creation of any additional posts.

Most MOs perceived that functioning of RKS in PHCs was above average. The facilitators were improved transparency in decision making process, involvement of NGOs and inclusion of stake holders/local leaders. Barriers identified included inadequate and untimely release of funds, lesser authoritative power for medical officers and lack of active decision making process.

Conclusion: Functioning of RKS in the PHCs was satisfactory in many domains. The facilitators and barriers in their functioning were identified.

Keywords: Rogi Kalyan Samiti, patient welfare committee, primary health care, evaluation, health systems research

Title : A cross sectional study to assess awareness of Accredited Social Health Activists (ASHA) regarding Kyasanur Forest Disease in an endemic district of coastal Karnataka.

Authors: : Malatesh Undi, Urvashi Sharma, Rachana A R

Institution name : Karwar Institute Of Medical Sciences

Registration Id : RMCKACH0285

Type of presentation : Oral Presentation

Introduction: Kyasanur forest disease (KFD) is a re-emerging zoonotic disease caused by KFD virus, principally transmitted to humans and animals by infected tick vector. The selected coastal district has 80.73 % of its land as forest area with abundant ticks and wild animals and witnessed KFD outbreak in 2019. In spite of health department claims of regular sensitization of Accredited Social Health Activists (ASHA), an ASHA died due to KFD in 2019 in neighbouring state, Kerala. Hence this study was done.

Objectives: To assess the knowledge of ASHA regarding prevention and control of KFD.

Methodology: This cross-sectional study was done in 3 selected PHCs of a coastal district of Karnataka from June to July 2019. After obtaining Ethical Committee clearance, 32 ASHAs who gave written informed consent were interviewed using semi-structured questionnaire. Data was analysed using Microsoft Excel-2010 and presented using descriptive statistics.

Results: 62.5% of ASHAs knew that KFD is caused by KFD virus, 68.8% knew it's transmitted by ticks, 71.9% knew the common symptoms of KFD, 87.5% knew about KFD vaccine, 31.2% knew the necessary precautions to be taken for prevention of KFD. 21.9% knew the common months of KFD Outbreaks, 9.4% knew about hot spots.

Conclusion: Majority of ASHAs knew correctly the common name for KFD, its causative agent, transmitting vector and presence of vaccine. However, ASHAs had poor knowledge regarding life cycle of ticks, availability of treatment for KFD, tick repellents and the personal protective measures against KFD.

Keywords: Kyasanur Forest Disease, Knowledge, Ticks, Vaccine.

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Hall D - Session 15 - Faculty Oral - MCH + Infectious Diseases

Title : **Constraints and barriers for beneficiaries of Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) - National Health Programme, while receiving obstetric care services in rural and urban setup in Hassan, Karnataka.**

Authors : **Dr. Maliakel Steffi Francis**, M Sundar Professor

Institution name : CIMS, Chamarajanagara

Registration Id : RMCKACH0183

Type of presentation : Oral Presentation

Introduction: Government of India launched the Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) in the year 2016 to provide fixed day quality antenatal care to pregnant women in their 2nd / 3rd trimester.

Objective:

1. To identify barriers faced by pregnant women who missed their recommended antenatal checkup under PMSMA.
2. To describe the constraints involved in referral and follow-up of identified high risk pregnancies to higher centres.

Methodology:

Study design: Prospective Cohort Study

Study setting: Two centres of Hassan district with higher number of beneficiaries availing PMSMA services – i) RHTC ii) UHTC

Study period: January 2018 to June 2019

All pregnant women in 2nd /3rd trimester in the study area attending PMSMA clinics were interviewed using a pretested proforma. Sociodemographic and other details regarding their utilization of services were collected. They were followed up in the successive visits and details were collected.

Result : The utilization of PMSMA services was better in UHTC as compared to RHTC. Difficulty to attend PMSMA clinics were reported by 25.9% beneficiaries due to lack of awareness regarding the program, distance, inadequate facilities and lack of confidence in government services. Among 81(31.7%) high risk cases who were advised referral, 9.9 % beneficiaries did not comply citing personal inconveniences.

Interpretation and conclusion: It was found that the program has been successful in improving antenatal care, however quality of services provided and functioning of the program needs to be improved to meet its objectives.

Keywords: PMSMA, ANC, Quality antenatal care

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Title : A Study of Prevalence of Undernutrition among Children in the Age Group of 1-5 years.

Authors: : Saraswati V Sajjan, T Gangadhara Goud, Bellara Raghavendra,

Institution name : ESIC Medical College, Kalaburagi, Karnataka.

Registration Id : RMCKACH0209

Type of presentation : Oral Presentation

Introduction: The growth and development of child is a strong reflection of country's growth and development. Being most vulnerable segment of the society the preschoolers are at greatest risk of malnutrition for it is their growing period that demands high intake of protein and calories.

Objectives: To find out the prevalence of under nutrition among the children in the age group of 1-5 years.

Methodology: Study Design: Cross sectional descriptive study.

Study Setting: Ballari City.

Study Period: 2017 to 2018

Sample Size: 700

Sampling technique: Stratified Random Sampling

Data Collection: After taking an informed consent data was collected by personal interview of their parents using pretested semi structured questionnaire followed by anthropometric measurements.

Data Analysis: Descriptive statistics like percentages, mean, standard deviation were used to describe the data.

Results: The overall prevalence of under nutrition among the study subjects based on weight for age parameter was found to be 40.6%. (Normal- 59.4%, Moderate under nutrition- 22%, Severe under nutrition - 18.6%).Prevalence of stunting and wasting was 43.2% and 23.9% respectively.

Conclusion: The result of the study is indicative of high prevalence of undernutrition among children in the age group of 1-5 years in Ballari City.

Keywords: Nutritional status, malnutrition, under five children.

Title : To determine the survival, prevalence and associated factors of exclusive breast feeding practices in South India.

Authors : Ravishankar Suryanarayana, Prasanna Kamath B.T, Sunil B.N, Mahendra.M

Institution name : Sri Devaraj Urs Medical College

Registration Id : RMCKACH0276

Type of presentation : Oral Presentation

Introduction: Exclusive breastfeeding means that the infant receives only breast milk and no other liquids or solids except oral rehydration solution, syrups or medicines. It provides protection to the child from risk of obesity, overweight, type II diabetes and helps in enhancing brain development and learning capabilities. Exclusive breastfeeding provides infants health benefits like protection against gastrointestinal infections. Breast problems, societal barriers, insufficient support from family, knowledge about good breast feeding practices, mode of delivery, health system practices, and community beliefs have all been found to influence breast feeding

Methodology: A cross sectional community based observational study was conducted in rural Kolar district. A sample of 441 mothers with child less than one year was identified. They were interviewed by the ASHA workers who were trained collected the data on demographic also on risk factors.

Result : The Mean and Median duration of exclusive breast feeding was found to be 6 months and 6.805 months respectively. Exclusive breast feeding survival was good till three months decreased drastically after five months. Exclusive breast feeding was 69.4% in this study. Birth order, maternal age, birth weight, paternal education, religion were significantly associated.

Conclusion: Health care providers in the community should also consider the cultural factors and educate the mothers for practice of exclusive breast feeding and its advantages. Awareness to health professionals promote and adherence to WHO breast feeding guidelines. Morbidity and mortality among infants and promotes better health and creates a platform for healthy, strong, younger population in tern reduces economic burden.

Keywords: Exclusive breast feeding, Survival, Prevalence

Title : **A study on contact screening and isoniazid prophylactic treatment (IPT) among the contacts of sputum positive pulmonary tuberculosis patients in a Coastal district of Karnataka.**

Authors: : Rachana A R, Shreya Desai, Dr. Malatesh Undi

Institution name : Karwar Institute Of Medical Sciences

Registration Id : RMCKACH0289

Type of presentation : Oral Presentation

Introduction: Child contacts of sputum positive TB patients often get infected with TB bacilli and are at higher risk of progression to TB disease than adults. 'Contact screening' and 'isoniazid prophylactic treatment(IPT)' among children effectively reduces the risk of TB by 59% but its implementation at household level is less assessed. Hence this field based study was conducted.

Objectives: To assess the implementation of contact screening among adults and children and IPT among child contacts of sputum positive pulmonary tuberculosis patients registered in a Tuberculosis Unit (TU).

Methodology: A cross-sectional study was done among the sputum positive TB patients registered in a TU of Coastal district of Karnataka. After obtaining Ethical Committee clearance, 104 TB patients who gave written informed consent and their contacts were interviewed using semi-structured questionnaire at their residence. Data regarding screening of contacts for TB, initiation and completion of IPT among child contacts was collected, entered and analysed using MS Excel-2010 and described using descriptive statistics.

Results: 93.3% of the contacts were screened for TB, 27(25.9%) of adult contacts had symptoms of TB and 5(18.5%) were diagnosed with TB. 20(19.2%) had child(<6 years) contacts, all children were started on IPT. Only 12(60%) had completed/compliant to IPT. Factors associated with noncompliance are SES, irregular supply/follow-up by health workers, non-compliance to treatment by patient and poor knowledge on IPT.

Conclusion: Majority of contacts were screened for TB. All the child contacts were initiated with IPT but the compliance was not satisfactory.

Keywords: IPT, Contact screening, child contacts.

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Title : A cross sectional study on relationship between heavy school bags and musculoskeletal discomfort among students aged between 11- 13 years in Natekal, DK district of Karnataka.

Authors : Ishfaq Nazir Butt, Prajna Sharma, Shreya Preeval

Institution name : Kanachur Institute Of Medical Sciences

Registration Id : RMCKACH0304

Type of presentation : Oral Presentation

Introduction: Musculoskeletal pain is the pain that affects the muscles, ligaments, tendons and bones. The causes of musculoskeletal pain are varied. One such cause of musculoskeletal problem in school going children is carrying heavy backpacks on a daily basis. Children carrying heavy backpacks for school are also at risk of short-term and possible long-term health issues.

- Objectives:**
1. To study the prevalence of musculoskeletal problems and heavy school bags among students aged between 11 – 13 years in Natekal.
 2. To study the association of socio demographic variables with musculoskeletal discomfort.
 3. To study the association of school bag weight with musculoskeletal discomfort.

Methodology: A school based cross sectional study done among 104 school students, aged between 11- 13 years. A Two stage cluster sampling was done. A pre tested and pre designed Cornwell University questionnaire was used. Analogue weighing machine was used to measure the weight. Measuring tape which was used to measure the height. Ethical clearance was obtained from the Institute Ethical committee. The data was presented using frequency and percentages. Association between variables was done using chi square test. Statistical significance was set at $p < 0.05$

Result : Majority of students were using bags less than 10 % of their body weight. Most of the students were not having any Musculoskeletal discomfort. none of the students, both in government and private schools complained of any musculoskeletal problems of lower back and lower limbs.

Conclusion: The results of our study indicated that the prevalence of musculoskeletal complaints among school children was not as high as against other studies done. Our study did not find a significant association of heavy back packs and musculoskeletal discomfort.

Keywords: Musculoskeletal, backpacks, school, Association.

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Hall A - Session 16 - PG Oral - NCD

Title : Cardiac Troponin I as an indicator for non-invasive ventilation as a treatment modality in acute exacerbation in COPD patients.

Authors: : Ashwini Naik, Durga Lawande

Institution name : Goa medical college

Registration Id : RMCKACH0120

Type of presentation : Oral paper

Introduction: Cardiac troponin I is a preferred marker for cardiac injury. Serum troponin is also raised in acute exacerbations of COPD and it reflects its severity. Non-invasive ventilation as a modality in such patients is known to improve morbidity. Its estimation as a marker for indication for initiating NIV therapy in these cases was studied and is being presented.

Objectives: to evaluate cardiac troponin I levels and correlate it with requirement for NIV in patients of COPD during exacerbation

Methodology: A cross sectional study with 109 patients admitted to hospital in acute exacerbation of COPD were included and cardiac troponin I levels were measured. Levels >0.016 ng/dl were considered significant. Patients were monitored for requirement of NIV.

Results: Out of 109 patients 63 had raised troponin I of which 69.8% of patients required NIV which was statistically significant (P value <0.001). where else only 17.4% required NIV whose troponin I was not raised.

Conclusion: Elevated cardiac troponin I levels can be used as an indicator for starting patients on NIV thereby reducing ICU stay and in hospital mortality.

Keywords: COVID, NIV, Cardiac Troponin I

Title : Levels of Physical Activity of Undergraduate Students of a medical college before and during Lockdown.

Authors : K. Hima Swetha, [Brig]L.S.Vaz

Institution name : Meidiciti institute of medical sciences, Hyderabad,Telangana

Registration Id : RMCKACH0148

Type of presentation : Oral Presentation

Introduction: To curb the spread of COVID-19, many states and countries have adopted measures like lockdown which restricted movements of the population. This had both physical and psychological ill effects among people. The great part of the Hyderabad population was forced to live in home-confinement for weeks, increasing the risk of reducing their physical activity (PA). With the announcement of closure of gyms, sports facilities and parks, play grounds, being physically active became challenging.

- Objectives:**
1. To know the levels of physical activity and sedentary behaviors among undergraduates during February and March.
 2. To know the levels of physical activity and sedentary behaviors among undergraduates during APRIL-MAY, 2020.
 3. To know the difference in levels of physical activity and sedentary behaviors among undergraduate students before and during lockdown.

Methodology: Type of study: Cross-sectional study

Study tools- A modified questionnaire based on the IPAQ was used to collect the information.

Study setting: The students pursuing MBBS course from First year to internship in MEDICITI INSTITUTE OF MEDICAL SCIENCES, HYDERABAD were asked to fill out the questionnaire. They were informed about the study during their online classes. Among the total 500 undergraduates, 322 students participated in the study.

Sampling method: From each batch 70 students were taken.

Result : In this study 67.4 %(n= 218) were females and 31.4 % were (n=101) males. There was no difference in mean BMI among undergraduates before and during lockdown.

Conclusion: There was an increase in levels of physical activities and sedentary behaviors among the students during the lock down period i.e. during April-May compared to pre- Covid probably due to the leisure time.

Keywords: Physical activity, undergraduates, lock down, COVID 19, sedentary behaviours.

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Title : Is Screen Addiction a problem among rural school-going adolescents? : A cross-sectional study in four schools of Solur Hobli, Ramanagara District, Karnataka

Authors: : Pooja R Sridhar, Bhoomika Biradar, Deign Maria John, Christina Naidu, Jessica John, Merlyn Joseph, Avita R Johnson

Institution name : St. John's Medical College

Registration Id : RMCKACH0153

Type of presentation : Oral

Introduction: Media, including television, mobile phones, computers, and social media, is a dominant force in the lives of adolescents, and has penetrated well in rural areas. Screen Addiction(SA) is a pathological compulsive use of screen-based devices.

Objectives: To estimate SA and its associated factors among school going adolescents residing in a rural area in South Karnataka.

Methodology: A cross-sectional study was conducted among adolescents (10-19 years) in four schools of Solur Hobli, Ramanagara district using a structured questionnaire including physical activity, family and academic stressors. SA was assessed using Tao's Diagnostic Criteria for Internet Addiction. Depression was screened using Physical Health Questionnaire-9. Chi-square test and logistic regression were done to look for factors associated with SA.

Results: Of the 335 adolescents, 20% felt pre-occupied with screens, 8% felt restless, moody, irritable when not using them, 12% had depression, 26% used screen devices as a way of escaping problems or relieving irritable mood. We identified SA in 3.9% students. SA was significantly higher among depressed subjects [AOR=5.18(CI:1.48– 18.13),(P=0.010), 12 times more among males [AOR=12.54(CI:1.46– 109.9),P=0.021] and 4 times more among adolescents who felt that their parents fought frequently [AOR=4.21(CI:1.17–15.09),P=0.027], 4 times more if they did not participate in sports [AOR=3.82(CI:1.04- 14.06),P=0.044]

Conclusion: While proportion of rural students with SA is still low, we need to prevent this from developing into a public health issue by recognising SA and depression among students and develop targeted interventions to manage the same, including increasing awareness among teachers and students about SA.

Keywords: screen addiction, adolescents, rural

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Title : Prevalence Of Risk Factors For NCD's and Associated Factors In Rural Field Practice Area of SDMCMS&H,Dharwad.

Authors : Dr .Prachi Priya, Guide-Dr Deepthi A

Institution name : SDMCMS&H, Dharwad

Registration Id : RMCKACH0169

Type of presentation : Oral Presentation

Introduction: Non-communicable diseases (NCDs) are diseases that are not transmissible directly from one person to another. NCDs mainly consists of cardio vascular diseases, diabetes, stroke etc.It accounts for 68% of global deaths. The prevalence rates in India is 1.6% to 7.4% and 1% to 13.2% in rural and urban population respectively.

Objectives: To determine the prevalence and associated risk factors for NCDs in rural field practice areas of SDMCMSH, Dharwad.

Methods: A cross-sectional study done among people above 30 years of age residing in study area from September-October 2019. Data was collected using CBRA (community based risk assessment) checklist for NCDs. Sample size of 157 was calculated assuming the prevalence of risk factor for NCDs being 30% with 95% confidence interval and absolute precision of 7.5%. Systematic random and simple random sampling was applied.

Result : Mean age of participants was 47.9 years (). Majority of them were females (56%) belonging to Hindu religion (98%). 41% were illiterate and major occupation practiced was farming (74%). Prevalence of risk factor for NCDs was 17.2%. On performing Chi-Square test smoking, alcohol, physical inactivity and family history of NCD's were found to be significantly associated.

Conclusion: As prevalence of risk factor for NCDs is 17.2%. Thus, it is the need of hour to have timely update about the disease and motivate them for healthy lifestyle.

Keywords: Risk factors, NCDs, Rural field practice area

Title : Mental wellness of adolescents and associated factors in an urban poor locality, Bangalore.

Authors: : Karishma P S, R Chethana, Mrs Aparna Appu,

Institution name : KIMS, Bangalore

Registration Id : RMCKACH0214

Type of presentation : Oral

Introduction: Adolescence is one of the most rapid and formative phases of human development with distinctive physical, cognitive, social, emotional and sexual development which demands special attention. Mortality and morbidity due to mental disorders in adolescents has increased in recent years. Half of all mental health disorders in adulthood start by 14 years of age; most cases are undetected and untreated. Also, the reporting systems of psychiatric disorders in adolescents are found to be inadequate. The community level assessment of mental health status will give an estimate of the actual problem in its varying dimensions which is necessary to plan for provision of need based adolescent mental health services and to promote enhanced utilization which is essential for improving the mental health status of adolescents. The present study was conducted in an urban poor locality to know the mental health status of adolescents.

Objectives: To assess the mental health status of the study subjects and associated factors.

Methodology: A cross sectional study was conducted in urban field practice area using PPS sampling technique. Household survey was done and adolescents were interviewed after obtaining their assent and consent from their parents. Total of 360 subjects meeting the inclusion and exclusion criteria were interviewed. Mental wellness was assessed using modified Global School-based Student Health Survey (GSHS) questionnaire prepared by WHO, UNESCO, UN, CDC Atlanta, and UNICEF.

Results: Majority of the study subjects (92%) had a score more than 9; whereas 29 (8%) of them had scores less than 9 and required focused attention, motivation and care from parents. Scores were lower in study subjects who were school dropouts and used substance.

Conclusion and recommendation: 92% of adolescents were mentally well whereas 8% of adolescents required focused attention, motivation and care from parents. School dropout rate and substance use were associated with mental wellness of adolescents.

Keywords: Adolescents, Mental wellness, School dropout, Substance use.

Hall B - Session 17 - PG Oral - NCD

Title : A community-level educational intervention trail to study the impact of lifestyle modification in disease profile

Authors : Dr.Lavannya Mary Thayil, Dr.Rashmi Kundapur, Dr.Bhavesh Modi, Dr.Deepak Saxena

Institution name : K S HEGDE MEDICAL ACADEMY

Registration Id : RMCKACH0233

Type of presentation : Oral Presentation

Introduction: Hypertension and Diabetes Mellitus constitute two of the major non-communicable diseases in India and even all over the world. Blood pressure control and blood sugar level control is a significant challenge on a global level. This study is done to know the disease profile in hypertensives and diabetics with the goal that they can be aware of the need of regular checkup, necessary hospital admissions and to keep a track on possible complications so that necessary changes can be made to their way of life.

Objectives: To determine the change in disease profile after life style modification intervention in selected villages.

Methods: A community-level education intervention trial to reduce the burden of non communicable diseases (hypertension and diabetes) was conducted in coastal Karnataka. We took 101 in each village to make a total sample to be 303 in 3 villages, one village with only physical activity change and one with total lifestyle modification and other as control village.

Result : In the villages, majority of the hypertensives and diabetics in the study were diagnosed within 5 years range. After intervention, their regular checkup and frequency of check up increased, possibly due to awareness. It was also associated with decreased mean SBP and DBP as majority of them are falling under "Up to 140mmHg" and "Up to 90mmHg" category respectively. Duration of stay in the hospital have reduced also with less complications among them after intervention. There was no much significant change in the duration of hospital stay and complications among diabetics.

Conclusion: After the intervention hypertensives belonging to higher SBP and DBP group has significantly reduced. Intervention created an awareness in increase of early hospital treatment seeking behaviour.

Keywords: Hypertension, Diabetes, Disease profile

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Title : **Evaluating the effectiveness of a one-day mental health training program for ASHAs: A quasi-experimental study.**

Authors: : **Ajit Deo Burma**, Payel Mahapatra, Ashi Ashok, Senthil Amudhan, Girish N Rao

Institution name : NIMHANS , Bangalore

Registration Id : RMCKACH0237

Type of presentation : Oral

Introduction: The existing treatment gap and dearth of trained specialists have accentuated the ever-rising problem of mental health in developing countries. Training of non-specialist health workers specifically Accredited-Social-Health-Activists (ASHAs) could play an important role in addressing this conundrum. ASHAs, represent the community and link to the health system, and training-program based on their competencies becomes a key step in effective integration of mental health into primary health care.

Objectives: To develop and assess the effectiveness of a one-day mental health training programme for ASHAs in enhancing their mental health literacy on selected mental health disorders of public health importance.

Methodology: The study was conducted in two stages

(1) Translation of manual: The previously developed Mental health resource guide for ASHAs was translated into Odia using a conceptual translation method.

(2) Training and Evaluation: A One-day mental health training programme was conceptualized and conducted based on the translated manual and was evaluated using single-group pre-and post-test design.

Results: 76 ASHAs from Dhenkanal, Odisha were recruited for the study. The study demonstrated a strong evidence of improvement in the participants' knowledge and belief about mental health problems after training ($p < 0.001$). Improvement in the participants' ability to recognize a mental disorder, with a reduced faith on potentially useless pharmacological interventions was reflected post training. There was also evidence of reduction in stigmatizing attitudes and behaviour after training.

Conclusion : The study findings suggest the effectiveness of the training programme in enhancing the mental health literacy of ASHAs. Emphasizing on scaling up of programme, and training the public health physicians and other key services providers of the stepped care approach could bring about a significant public impact.

Keywords: Mental-Health-Literacy, Training, ASHA, Quasi- Experimental, Stepped-care

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Title : A Cross sectional study on Awareness of COTPA (Cigarettes and Other Tobacco Products Act) -2003, among Nursing Students of RajaRajeswari Nursing College.

Authors : Suhasini.K.A
Institution name : RRMCM, Bangalore
Registration Id : RMCKACH0290
Type of presentation : Oral Presentation

Introduction: Tobacco consumption is leading preventable cause of death in world. Mortality associated with tobacco is high, making it disease of public health importance. It contributes to 5 million deaths/year globally. Nurses have important role to play in creating awareness of COTPA act .

Objectives: To assess the awareness of knowledge, attitude and practice of COTPA-2003 among Nursing students RajaRajeswari Nursing College, situated in Bangalore urban .

Methods: This is a descriptive cross-sectional study conducted among 268 nursing students (B.Sc and GNM)of Rajarajeswari Nursing College, after obtaining approval by Institutional Ethics Committee,RajaRajeswari Medical College and Hospital. The study was carried out between November,2019 and January,2020. Pre-defined, semi-structured questionnaire was prepared and the responses were statistically analysed.

Result : The age of study participants is 17-24 years, with females representing 86.6%. About 94% are aware that tobacco is prohibited in public places and 84.7% know that smoking sale is prohibited below 18 years of age. Only 52.2% are aware of COTPA. 73.9% are aware of harmful effects on health. 59.3% are aware of penalty for violation of COTPA. 95.9% believe that smoking should be banned in public places. Only 5 participants (1.9%) have smoking habit.

Conclusion: Though majority of participants know about harmful effects of smoking, many are not aware of COTPA. Many opine that smoking should be banned from public places. Hence, there is need to educate Nursing students regarding the harmful effects of smoking and COTPA.

Keywords: Knowledge , Attitude ,Nursing students, Tobacco usage , smoking

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Title : The prevalence of diabetes and its risk factors in the rural field practice area of a private medical college in Andhra pradesh

Authors: R. Ajay Kumar, Jagannadha Rao
Institution name : Katuri Medical College
Registration Id : RMCKACH0307
Type of presentation : Oral

Introduction: Diabetes is a growing challenge in India with an estimated 8.7 p.c diabetic population in the age group of 20 and 70 years. Type-II diabetes mellitus (earlier known as non-insulin- dependent or adult-onset diabetes) is caused by the body's ineffective use of insulin. It often results from overweight, obesity, and physical inactivity.

Objectives: To estimate the prevalence of diabetes in the rural field practice area of Katuri Medical College in Kakumanu village, Andhra Pradesh. To assess the risk of diabetes using the Indian diabetes risk score (IDRS).

Methodology: This is a community-based cross-sectional study conducted in the rural field practice area Kakumanu village, Department of Community Medicine, Katuri Medical College, Andhra Pradesh. All population > 18 years of age, subjects presented on the day of survey & willing to participate were included in the study. The sample size was 127, considering prevalence of 8.7%. The study was conducted for a period of 1 month from 1st October to 30th November'2020. Analysis for high risk was done as per Indian diabetes risk score (IDRS) developed by Mohan et al. and parameters comprising two modifiable (waist circumference, physical activity) and two non-modifiable risk factors (age, family history) for diabetes. Prior ethical clearance and consent from the subjects were obtained.

Results: About 6.2 p.c of diabetes prevalence observed. About 18 p.c of the subjects were in very high-risk category of IDRS.

Conclusion : The IDRS usage may make mass screening for diabetes in India more cost effective.

Keywords: Diabetes, Indian Diabetes Risk Score, Obesity.

Hall C - Session 18 - Faculty oral - NCD

Title : **Depression, Anxiety and Stress levels among interns of Basaveswara Medical College, Chitradurga.**

Authors : Nagendra Gowda M R, Ramya V

Institution name : Basaveswara Medical College, Chitradurga.

Registration Id : RMCKACH0125

Type of presentation : Oral Presentation

Introduction: Medical profession is one of the top professional courses chosen because of its esteemed place and financial security in the Indian society. Medical College is recognized as a stressful environment that often exerts a negative effect on the academic performance, physical health and psychological wellbeing of the student.

Objectives: To assess the depression, anxiety and stress levels among the interns by using DASS. To compare the depression, anxiety and stress levels among the interns.

Methodology: The cross sectional study was conducted in Basaveshwara medical college and Hospital of Chitradurga. All the Interns in the medical college and willing to participate in the study were included. The Depression Anxiety Stress Scales (DASS), was used to assess the levels of depression, anxiety and stress among medical students.

Result : Among 90 interns enrolled in the study, majority 67(74.4%) were in the age group of 23-24 years, 50 (55.6%) were males. The prevalence of depression, anxiety and stress were found to be 39 (43.3%), 57 (63.3%) and 19 (21.11%) respectively. Most of the students were having mild degree of depression, anxiety and stress.

Conclusion: Prevalence of mental health problems like depression, anxiety and stress were more than 30% among Interns. As majority of the students were having milder degrees of illnesses they need to be addressed immediately before they manifest into severe forms.

Keywords: Depression, Anxiety, Stress, Interns

Title : **A Study To Assess The Quality Of Life And Factors Affecting Quality Of Life Of Cancer Patients Admitted In Kims Cancer Hospital, Hubballi: A Prospective Study**

Authors: : Kavya N P, D D Bant

Institution name : KIMS, Hubballi

Registration Id : RMCKACH0141

Type of presentation : Oral

Introduction: Cancer constitutes about 21.7% of deaths due to non-communicable diseases worldwide. Cancer and many issues associated with it have significant impact on public health and is a disease with significant chances of reduction in quality of life.

Objectives: To assess the quality of life and factors affecting quality of life in cancer patients.

Methods: A hospital based prospective study was conducted among 100 cancer patients admitted to KIMS cancer Hospital, Hubballi for a period of one year. Data was obtained using predesigned, pretested semi-structured questionnaire by interview method. Quality of life was assessed using EORTC QLQ-C30 version 3 at baseline and at the end of 6th month of follow up. Data was entered in MS excel and analysed using SPSS.

Results: The mean global health score was 46.91. Of all functional scales cognitive functioning mean score of 93.16 was highest. Role functioning has least score 57.33 at baseline, among symptoms fatigue and pain were highest with mean score of 40 and 35.66. . Global health scale, role functioning, emotional functioning, and social functioning improved significantly at 6th month of follow up (p value of 0.003, 0.000, 0.000, 0.001 respectively). Stage of cancer, literacy and occupational status, socioeconomic status had considerable association with quality of life.

Conclusion : The study concludes that the quality of life of patients under study shows significant improvement at 6th month of follow-up and patients in advanced stage of cancer shows poor quality of life.

Keywords: Cancer; Quality of life; EORTC Questionnaire

Title : A study of health status of bank employees in Belagavi city- cross sectional study

Authors : Pavithra R, A B Halappanavar

Institution name : Basaveshwara medical college and hospital

Registration Id : RMCKACH0154

Type of presentation : Oral Presentation

Introduction: The major risk factors of non communicable diseases attributed to mortality are well prevalent among bank employees, affecting across all social and income groups. Hence this specific occupational group of bank employees who represent the subset of population at risk to develop chronic diseases and stress related adverse health effects was selected for the study

Objectives: 1) To assess the health status of bank employees.
2) To know the socio demographic and lifestyle factors affecting the health of bank employees.

Methodology: The study was conducted among 410 bank employees from the banks which were selected using random number technique in Belgaum district. The data on socio demographic variables, risk factors, physical measurement were done followed by estimation of Haemoglobin and Random blood sugar.

Result : In this study, 72.7% of the subjects had three or more risk factors for non communicable diseases. The prevalence of Anaemia in this study was 34.15%. Prevalence of hypertension and diabetes was 32.9% and 17.32% respectively. 20.9% had any one chronic condition (Chronic bronchitis, CVD, diabetes, hypertension),

Conclusion: Majority of the bank employees were apparently healthy and most of them were having multiple lifestyle and work related risk factors.

Keywords: Lifestyle factors, Chronic diseases, Occupational group

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Title : Impact of health education on knowledge regarding oral anti-diabetic Drug adherence in urban area, Bengaluru

Authors: Chethana Ramegowda, Lakshmi Hulugappa, Sunil Kumar DR

Institution name : Akash Institute of Medical Sciences & Research Centre, Bengaluru

Registration Id : RMCKACH0175

Type of presentation : Oral

Background: Knowledge regarding drug adherence is required for the effective management of diabetes. Hence the present study was taken to assess the effectiveness of health education on knowledge regarding oral anti-diabetic drug adherence.

Methods: The study was conducted at Urban Health Training Centre of a medical college, Bengaluru for 6 months. A total of 70 Type 2 diabetes mellitus patients were involved in this descriptive and interventional study. A pre-tested semi-structured proforma was administered to study subjects only on oral anti-diabetic drugs and willing to give informed consent. A pre-test and post-test knowledge was assessed with 0, 1 scale. Data was entered in Microsoft excel and analysed in SPSS-21. Descriptive statistics and inferential statistics like Mc- Nemar test was used to find out the proportion of increase knowledge and Paired 't' test was used to assess the improvement mean increase in knowledge score before and after health education intervention.

Results: Most of the subjects were female (80%), age group of 35-45yrs (34%), illiterate (40%) and unemployed (67%). The mean \pm SD age was 52.47 \pm 11.06 years. Significant improvement in knowledge regarding adherence to oral anti-diabetic medication was found following health education intervention.

Conclusion : The study revealed there was significant improvement in knowledge after health education. Health education has to be given to encourage and motivate the patients for the management of diabetes and to prevent complications.

Keywords: Type 2, diabetes mellitus, knowledge, Health education

Title : A Study To assess Of Pharmacological Adherence Among Hypertensive Patients Residing In Urban Field Practice Area Of Government Medical College, Bengaluru.

Authors : Mouna.H.S, Hamsa.L, T.S.Ranganath

Institution name : BMCRI

Registration Id : RMCKACH0154

Type of presentation : Oral Presentation

Introduction: Hypertension, a silent and asymptomatic disease, if not controlled can lead to fatal complications such as stroke, premature morbidity, mortality etc. But Hypertension is treatable and can be easily controlled with good adherence to antihypertensive treatment, nevertheless adherence to lifestyle modifications also play an important role. Since, the treatment is lifelong and adherence is affected by multidimensional factors, which poses a tough challenge especially among urban slum population. Thus, a community based study like this can help us to assess the extent of hypertension treatment adherence.

Objectives: 1. To assess the pharmacological adherence to antihypertensive treatment among hypertensives residing in urban field practice area of Government Medical College, Bengaluru.
2. To study clinical profile of the hypertensive patients

Methodology:

Study Design: Cross Sectional study

Study area: slums in urban field practice area of Government Medical College, Bengaluru

Study population: Hypertensive patients residing in urban slums.

Study Period: November 2017 to May 2019

Sampling method: Probability Proportionate Sampling method.

Sample size: 390

Data collection and analysis: Data was collected by interview method, using a semi structured questionnaire which included questions regarding socio-demographic factors, hypertension related details and adherence to antihypertensive medication

Result : In our study, mean (+SD) age of the study subjects was 50.43(+ 8.23) years and 58.4% were females. By Pill count method, pharmacological adherence to antihypertensive medication reported was around 63.1%. 174 (44.7%) study subjects had co-morbid conditions

Conclusion: Adherence to antihypertensive medications and control of their blood pressure was found to be statistically significant (p value <0.05).

Keywords: Hypertension; Antihypertensive Medication; Adherence

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Hall D - Session 19 - Faculty Oral - NCD

Title : **Breast cancer awareness and Breast self-examination practice among women in rural field practice area of a Medical college, Karnataka.**

Authors: : **Swapna M**

Institution name : RRMCH, Bangalore

Registration Id : RMCKACH0222

Type of presentation : Oral

Introduction: Breast cancer is an important cause of morbidity and mortality among women in the developing world, which is also highly amenable for prevention and treatment, through regular screening methods.

Objectives: To assess the level of awareness and practice of regular BSE among the rural women in the age group 18 to 60 years, at the field practice area of RRMCH.

Methods: A cross sectional study was conducted among rural women. Total of 516 women above 18years, from rural field practice area, participated in the study. A predesigned semi-structured study instrument was used to collect the data through interview method.

Results: Among 516 participants 285(55%) have never heard of Breast Cancer, media (56%) was the most common source of information about Breast Cancer,444(86%) of them never knew what Breast Self -Examination was, only 43(8.3%) were ever taught on how to do BSE and 37(7%) practiced BSE

Conclusion : There was a low level of awareness on Knowledge of Breast Cancer and BSE among women in rural field practice area also the practice of BSE, hence there is a need to increase the level of awareness on Breast Cancer and practice of BSE through routine Health Education programme with integrating breast examination with Primary Health Care Facilities for appropriate care, treatment & referral.

Keywords: Breast Self-Examination (BSE)-KAP-Awareness-Breast cancer

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Title : Common Mental Disorders among married women in an urban locality in Bengaluru.

Authors : Ramya K S, Dr Shashikala M,

Institution name : Sri Siddhartha Institute of Medical Sciences and Research Centre, T.Begur

Registration Id : RMCKACH0251

Type of presentation : Oral Presentation

Introduction: Common mental disorders are frequently encountered in community settings and include depression, anxiety and somatisation. Women are at a greater risk of common mental disorders. Common mental disorders usually go undiagnosed in primary care settings; patients subjected to unnecessary investigations and treated symptomatically, which leads to repeated hospital visits.

Objectives: 1. To determine the prevalence of common mental disorders among married women in reproductive age group (15 to 49 years) in Channasandra, an urban locality in Bengaluru.
2. To describe the socio-demographic profile of the married women in reproductive age group.

Methodology: A community based cross-sectional study was carried out among 430 married women in the reproductive age group using Self- reporting questionnaire (SRQ-20), a validated tool developed by World Health Organisation.. A standard cut-off score of 7 was used to identify women with common mental disorder. Data was analysed using descriptive statistics, univariate and multivariate analyses in Statistical Package for Social Sciences (SPSS) v 21.

Result : The prevalence of common mental disorder was found to be 33.2% in the present study. Logistic regression analysis showed that various socio-demographic characteristics and marital factors such as increasing spousal age difference, not sharing problems with husband and history of adverse pregnancy outcomes had statistically significant association with common mental disorders.

Conclusion: This study revealed that the prevalence of common mental disorders was high (33.2%) among the married women of reproductive age group and there existed statistically significant association between common mental disorders and various socio-demographic determinants.

Keywords: Common Mental Disorders; Married women of reproductive age group; Urban Locality; Prevalence; Bengaluru.

Title : A study on the prevalence of alcohol consumption and tobacco use among young adult male students in Koppal city, Karnataka.

Authors: : Smita M Nimbannavar

Institution name : Koppal Institute of Medical Sciences

Registration Id : RMCKACH0274

Type of presentation : Oral

Introduction: The development of healthy behaviors, attitudes and lifestyles during young age can contribute significantly to a person's current and future physical wellbeing. Alcohol and tobacco use are two important preventable health-risk behaviors which are established risk factors for many serious non communicable diseases.

Objectives: 1) To estimate the prevalence of Alcohol consumption among male students in the study setting.
2) To determine various factors associated with Alcohol consumption and tobacco use among them.

Methods: A descriptive study was conducted for a duration of 3 months from July 2018 to September 2018 among male students at a degree college in Koppal city, Karnataka. A total of 310 students were included and data was collected using a pre tested and semi structured questionnaire after taking an informed consent. Data thus obtained was entered and analyzed using Microsoft Office Excel 2013.

Results: The prevalence of Alcohol consumption in the present study was 16(5.1%) and tobacco use, both smoke and smokeless form was 10 (6.4%) each. Further results are awaited.

Conclusion : Alcohol and Tobacco use among young male students is high emphasizing the need for effective planning of interventions.

Title : Prevalence of Iodine Deficiency Disorder among school children of Mysuru: A cross-sectional study.

Authors : Shwethashree. M, Anil Bilimale, Madhu B,MR.Narayana Murthy

Institution name : JSSAHER, Mysore

Registration Id : RMCKACH0301

Type of presentation : Oral Presentation

Background: Iodine deficiency disorders (IDD) is said to be the most common cause of preventable brain damage worldwide. Children who are born in iodine-deficient areas were found to have 13.5 intelligent quotient (IQ) points lesser than that of children born in iodine sufficient areas. A one-point increase in a nation's average IQ is related to the annual increase of 0.11% gross domestic product (GDP).

Objectives: To study the prevalence of goitre in children aged 6-12 years.
To analyse the salt iodine level at the consumer level.
To determine the median Urinary Iodine Excretion among these children.

Methodology: A descriptive cross-sectional study was conducted among 30 villages and wards of Mysuru district according to the population proportionate to size sampling technique. Clinical examination of 2700 students (90 children per village/ ward; 45 boys and 45 girls; Age proportionate distribution is chosen through systematic random sampling) who are between 6-12 years of age was done. Salt samples &Urine samples were collected from these children. The collected data was entered in MS – EXCEL followed by the analysis using SPSS version 24 (licensed to JSSAHER).

Results and Limitations:

The clinical goiter cases were 2.2% of the 2700 children examined (Boys –1.9%; Girls – 2.5%) and median urinary iodine excretion was 210 µg/l. Salt iodization level was > 15ppm in 51.6% households and <15ppm in 48.4% households. The Total Goiter Rate which was 8.77% in Mysuru in 2014 has now reduced to 2.2% which is a significant achievement. However, the adequate salt iodine level (>15ppm) was 54.08% in 2014 and is 51.6% now.

Conclusion: Mysuru though being non-endemic needs awareness along with regular monitoring at the source level to ensure the availability of salt with levels of >15ppm.

Keywords: Goiter prevalence, Iodine deficiency disorders, Salt Iodization, Urinary Iodine, Mysore district.

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Title : Self reported emotional and behavioral difficulties among pre-university college students of Karnataka: a cross-sectional study.

Authors: : Amoghashree, Praveen Kulkarni, M R Narayanamurthy

Institution name : JSS Medical College

Registration Id : RMCKACH0220

Type of presentation : Oral

Introduction: Adolescence is a stage of transition from childhood to adulthood (10-19 years). During this stage many psychological changes take place and this is a matter of concern. Research has shown that majority of adults who suffers mental disorders indicate that their symptoms began in childhood and adolescence. The appropriate identification and immediate treatment of mental disorders helps them to overcome the future consequences. With this context this study was conducted with objectives of estimating the prevalence of self-reported emotional and behavioral difficulties among pre-university students.

Methods: A community based cross sectional study was conducted among pre-university students by choosing the colleges by simple random sampling method. Sample size was calculated using the prevalence of self-reported mental health problems in a study conducted by Atilola O et.al. The data was collected using preformed structured questionnaire and Strengths and Difficulties questionnaire (SDQ) and analyzed using SPSS version 24.

Results: Among 218 students, self-reported total difficulties was seen among 54(24.8%) students, 105(48.2%) students reported conduct problems, 18(8.3%) students reported hyperactivity, 73(33.5%) students reported peer problems and 11(5%) students reported prosocial behavior problems.

Conclusion : The present study indicated high prevalence of emotional and behavioral difficulties, of these conduct problems(48.2%) followed by peer problems(33.4%) were more prevalent.

Keywords: Adolescent, Behavior, Emotional difficulties, Mental health, SDQ.

DAY 3

HALL A - Session 20 - KACHCON Millennium Award Category (PG & UG)

Title : A study on Anxiety, Obsession and Reassurance seeking behavior due to COVID-19 Pandemic.

Authors : Dr. Sai Sreevalli Sreepada, Dr. Dulipala Phanindra, Dr. D. Jagannath Rao

Institution name :

Registration Id : RMCKACH0129

Type of presentation : Oral Presentation

Introduction: COVID-19 has a devastating impact on public health and requires extensive preventive and precautionary measures to contain its spread. These measures result in dramatic lifestyle changes which might lead to disturbed mental health outcomes among individuals.

Objectives: 1. To assess: Anxiety, Obsession and Reassurance-seeking behavior due to COVID 19 pandemic
2. To compare these outcomes among health care professionals and general population.

Methodology: The study was conducted in the month of November, 2020 among 527 individuals selected randomly. A self-designed, semi-structured questionnaire consisting of 25 questions about demographic details, anxiety, obsession and reassurance seeking behavior was applied using Google forms. The data was analyzed using appropriate software.

Results: Out of 527 individuals, 246 (46.7%) were males and 281 (53.3%) were females. Health care professionals and general population comprised 255 (48.4%) and 272 (51.6%) individuals respectively. Anxiety was found among 14 (2.65%) individuals, obsession in 97 (18%) and reassurance seeking behavior in 51 (9.67%) individuals. Obsession and reassurance-seeking behavior was found to be significantly higher ($p < 0.05$) among general population than in health care professionals. Reassurance-seeking behavior was found to be significantly higher in COVID-19 positive patients. ($p < 0.05$).

Conclusion: Anxious and obsessive thinking about health during the COVID-19 pandemic stimulating reassurance seeking behavior was more among general population in comparison to health care professionals. This indicates the need for proper health education, guidance and training regarding the preventive measures and precautions to be taken in order to avoid adverse mental health outcomes.

Keywords: COVID-19, Anxiety, Obsessions, Reassurance-seeking behavior.

Title : Clinical profile of COVID-19 positive patients and their outcomes-A cross sectional study.

Authors: : K.Christina Susmita, Sulakshana Baliga, Padmaja R. Walvekar

Institution name : Katuri Medical College

Registration Id : RMCKACH0150

Type of presentation : Oral

Introduction: Globally 220 countries and territories are affected and cases of COVID-19 have increased by 8% resulting in 3.6 million new cases.²The most common symptoms include fever, cough loss of taste or smell, headache and mortality rate was uncertain.^{1,3}

Objectives: To know the clinical profile and outcomes of COVID- 19 positive patients.

Methodology: Study Design: A Community based Cross-Sectional Study

Study Period: October - December 2020

Study Population: All COVID 19 positive patients (of all age groups) residing in the field practice area of 4 health centers affiliated to J.N. Medical college for more than 1 year.

Data will be collected after taking informed consent from the participants. Details regarding medical history, exposure history, underlying co-morbidities, symptoms, signs clinical features and outcomes (i.e, cured, mortality, and length of stay) will be obtained.

Sample size: 800 (obtained from COVID positive patient list from all 4 health centers affiliated to J.N. Medical college Belagavi).

Sampling method: Universal sampling

Results: Awaited, data will be analyzed using descriptive statistics. To study the association between the variables univariate and multivariate logistic regression will be carried out. Cox proportional hazards regression models will be used to calculate hazard ratios (HR) in order to quantify the magnitude of associations between hazard or death rate and patient's baseline characteristics.

Keywords: Covid-19, mortality, death , co-morbidities

Title : Knowledge, attitudes, and practices towards COVID-19 among Ayurvedic practitioners of Karnataka, India: a cross-sectional survey.

Authors : Rufia Shaistha Khanum, Amoghashree, D. Sunil Kumar, Satendra Kumar Verma, Chandan N, M. R. Narayanmurthy, Rufia Shaistha Khanum and Satendra Kumar Verma

Institution name : JSS Medical College, JSSAHER

Registration Id : RMCKACH0210

Type of presentation : Oral Presentation

Introduction: COVID-19 is a highly infectious disease which was first identified in Wuhan, China and was subsequently declared as pandemic by WHO. As it is rapidly spreading and taken lives of millions, various countries have adopted unprecedented measures and treatment modalities. Since India has historical roots of Ayurveda, Ayurvedic system of medicine is considered to boost the immunity and also to prevent the infection. Hence the knowledge, attitude and practice of an Ayurvedic practitioner plays a major role in health system, which further helps to know the preparedness among them. With this context this study was conducted to assess knowledge, attitude and practice among them towards COVID-19.

Objectives: To assess the KAP towards COVID-19 and to find out the association between socio-demographic factors and Knowledge scores

Methods: Online cross sectional study was done. Google form was sent through social media to collect data and data was analyzed using SPSS 25.

Results: The mean age among the participants was 30.5±9.1 years. Mean knowledge score was 10.5±1.9, thus 86.6% of the participants had good knowledge. Statistical association was seen between education and knowledge.

Conclusion: Good knowledge towards COVID-19 was seen among 86.6% and majority of them want Ayurveda to be considered as complementary medicine but before that evidence based treatment protocol needs to be developed to support claims regarding treatment/prevention of COVID-19.

Keywords: Attitude, Ayurveda, Ayurvedic practitioners, COVID-19, Knowledge.

Title : Knowledge, attitude and practices towards COVID-19 among healthcare workers of Karnataka, India: a cross-sectional survey

Authors: : **Satendra Kumar Verma**, D. Sunil Kumar, Rufia Shaistha Khanum, Chandan N., M. R. Narayanmurthy,

Institution name : JSS Medical College, JSSAHER

Registration Id : RMCKACH0211

Type of presentation : Oral

Introduction: COVID-19 is a Public health emergency of international concern which has affected over 213 countries infecting millions across the globe and also affected the economy worldwide. This study was conducted in Healthcare Workers as they are the frontline warriors in fighting this pandemic and their knowledge, attitude and practices towards the disease are valuable.

Objectives: To assess knowledge, attitude and practice towards COVID-19 among Healthcare Workers and to find out the association between occupation and Knowledge, attitude and practice core among Healthcare workers of Karnataka, India.

Methods: Online cross sectional study was conducted on Healthcare Workers. A self-administered Google form was used to collect the data through social media. Data was analyzed using MS Excel. P<0.05 was considered statistically significant obtained using SPSS version 22.

Results: The mean age among the participants was 30.7±9.9 years. 37.1% were doctors, 14.0% are nurses and 46.9% are paramedical staff. In the present study, Mean knowledge score is 5.86±1.32, mean attitude score is 6.48±0.93 and the mean practice score is 4.60±0.79, thus 95.7% of the participants have good knowledge and attitude, where as 90.3% have good practices towards COVID-19.

Conclusions: The HCWs of Karnataka have good knowledge, positive attitude and good practices. To further improve their preparedness and response towards infectious diseases and pandemics mandatory training programs can be introduced, as such programs enhances knowledge and boosts confidence among HCWs which is very crucial in medical as well as public health emergencies.

Keywords: Attitude, COVID-19, Healthcare workers, knowledge, Practice

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Title : Safety and clinical efficacy of post exposure prophylaxis in animal exposures

Authors : Ravish HS, **SR Suhas**, Jithin Surendran, Nitu Kumari, Ramya MP, Nidhi Fotedar

Institution name : KIMS, Bangalore

Registration Id : RMCKACH0246

Type of presentation : Oral Presentation

Introduction: Newer vaccines and rabies immunoglobulin/ rabies monoclonal antibodies for post exposure prophylaxis are available in the market. The immune-biologicals (both previously existing and the newer ones) has to be monitored on a continual basis/ surveillance for safety and clinical efficacy for use in regular clinical practice.

Objectives: To assess the safety and clinical efficacy of rabies immune biologicals for post exposure prophylaxis.

Methodology: All animal bite cases attending anti-rabies clinic, Preventive Medicine Unit, KIMS Hospital and Research Centre during the period of January – March, 2020 were included in the study. The complete details of exposure were recorded in case record form along with the details of post exposure prophylaxis provided. All local and systemic ADRs up to day 28, were recorded and treated. Likewise, all of them were followed for 6 months for clinical efficacy. The statistical analysis was done using descriptive statistics.

Results: The present study included 312 subjects; 30.7% were children, 44.7% adults and 24.6% elderly. Majority of them were exposed to dog (93.6%) followed by cat, monkey and other wild animals. All the subjects had category III exposures and were provided complete post exposure prophylaxis at the anti-rabies clinic. 8.4% of the study subjects had mild local/systemic ADRs which subsided without any complications. All the study subjects were healthy and alive at the end of 6 months after receiving post exposure prophylaxis. In conclusion, the post exposure prophylaxis using rabies immune-biologicals (both previously existing and the newer ones) is safe and clinical effective.

Keywords: rabies immune-biologicals , post exposure prophylaxis, safety, clinical efficacy, animal exposures.

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Title : Neck-circumference in adults: Its utility and acceptability compared to standard nutritional assessment techniques in screening for overweight-obesity

Authors: : **Kiran R^{1*}**, Harshitha R², Madhavi Bhargava²³

Institution name : Yenapoya Medical College, Mangalore

Registration Id : RMCKACH0223

Type of presentation : Oral

Introduction: There are many anthropometric techniques in screening for overweight-obesity (OWOB) like body mass index (BMI), waist circumference (WC), waist circumference (WC) and waist-hip ratio (WHR). These may be difficult and time consuming in community and outpatient settings.

Objectives: The present study was conducted in medical students in a tertiary teaching hospital in Mangalore to assess the utility and acceptability of neck circumference (NC) as a screening tool to screen for OWOB in comparison with other techniques.

Material and Methods: All participants, 282 medical students (≥ 18 years) studying in tertiary teaching hospital in Mangalore underwent anthropometry, body composition analysis using a Bioimpedence Analyzer (Inbody BIA machine) and NC. It was a convenient sample and any student with medical conditions, unintentional weight loss and neck swelling were excluded.

Results: Of the 282 participants, 131 (46.5%) were males and the mean age was 21.3 years (1.3). There were 83 (29.4%) overweight using BMI, 113 (38.7%) using WC and 67 (23.8%) using WHR. Using BIA, there 186 (66%) who had higher body fat percent ($\geq 20\%$ in men and \geq in women). The proposed cut-offs to identify OWOB for NC was 36.5cm in men and 32cm in women using Youden index with a sensitivity of 80-85% and specificity of 80-83% when compared to BMI. The most preferred method was BIA (89.7%) followed by NC (79.8%).

Conclusions: Neck circumference is a useful screening tool for OWOB and is preferred tool as compared to other anthropometric techniques.

Keywords: Neck circumference, nutritional assessment, obesity, screening

Title : Knowledge attitude and practice related to COVID-19 among medical students of a health university in Tumkur, Karnataka

Authors : Chandana Krishna, Saikishan Sasikumar Menon

Institution name : Siddartha Medical College, Tumkur

Registration Id : RMCKACH0253

Type of presentation : Oral Presentation

Background: Corona virus Disease (COVID-19) is a public health emergency of international concern which occurred first in Wuhan City of Hubei Province of China in December 2019. The First case in India was reported on January 30, 2020. Awareness about the disease and practice of simple measures like social distancing, use of masks and hand hygiene is crucial for prevention of this global pandemic. Medical students need to have utmost responsibility to be well versed with the situation and also show an attitude which can be looked up to by the entire community.

Objectives: To assess the knowledge, attitude, and practice among the medical students regarding COVID-19.

Methodology: A cross-sectional study was conducted among medical students of a health university. Data was collected using pre-tested self-administered questionnaire through Google forms. Descriptive statistics was used for statistical analysis.

Results: Out of 408 participants, 51% were females. All of the study subjects knew about corona, 87.5% knew about the mode of spread, 70.1% knew about prevention of COVID-19, 86.8% knew about symptoms of COVID-19, and 95.8% knew that there is no vaccine for COVID-19. 66% felt that COVID-19 is serious & fatal in nature, 29.9% felt that face masks are effective in preventing spread. 92.6% washed their hands with soap & water regularly, 97.8% wore mask to avoid transmission, 95.6% followed government guidelines during lockdown, and 90.2% maintained social distancing.

Conclusion: Our study showed that the subjects exhibited good knowledge, positive attitude and sensible practices regarding COVID-19.

Keywords: Attitude, COVID-19, knowledge, practice, medical students

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HALL B - Session 21 - KACHCON Millennium Award Category (Faculty)

Title : **Socio-economic factors and its impact on the academic performance among the secondary school students in an urban area of south India**

Authors: : Avinash Kavi, Padmaja R Walvekar

Institution name : JNMC, Belagavi

Registration Id : RMCKACH0305

Type of presentation : Oral

Background: Socioeconomic status (SES) is a measure of social status in society. Academic achievement has become an index of student's future and is influenced by various environmental and social influences. Research in this area is imperative to understand various factors that influences the academic performance among school aged youth.

Objectives: To assess the influence of socio-economic factors on the academic performance among secondary school students in urban area.

Methods: A cross sectional study was conducted among secondary school students of Class 8, 9 and 10 in three schools of Belagavi city. Data was collected using a predesigned, pretested, questionnaire which included information on parent's occupation, socio-economic and educational status. Academic performance was assessed by school attendance and past annual examination grades. Results were expressed in percentages and analysis done using Chi-square test and Fischer-exact test.

Results: 613 students participated in the study. Students from two categories of schools i.e., Public school 366 (59.7 %) and Private schools 247 (40.3%) were included. Regularity of attendance significantly influenced on academic performance ($P < 0.0001$). Socio economic status influenced the academic performance ($P = 0.015$) in both private and public schools. Parents education influenced the academic performance ($P = 0.003, 0.039$) among the private school children.

Conclusions: Academic performances of secondary school students are influenced significantly by socio economic status of the parents in both public and private schools. Parents' occupation and level of education also has a significant impact on the academic achievement.

Keywords: Socio-economic factors, Academic performance, Secondary School students, Urban area.

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Title : A Study of Impact on Mental Health Status among Health Care Professionals, at Tertiary Care Centre During Covid 19 Pandemic. A Concern and calls for Action.

Authors : Savitha Rani B.B, Anusha, Pranaya, Anusha

Institution name : Sri Siddhartha Medical College,Tumkur.

Registration Id : RMCKACH0286

Type of presentation : Oral Presentation

Background: Health care workers (HCWs) involved in the coronavirus disease 2019 (COVID-19) pandemic are exposed to high levels of stressful or traumatic events and express substantial negative mental health outcomes, including stress-related symptoms and symptoms of depression, anxiety, and insomnia. In this cross-sectional study, we report on mental health outcomes among Health care Professionals.

Methodology: This cross-sectional, web-based study collected data between May and July , 2020, using an online questionnaire spread via social networks, Online consent was obtained from the participants. The questionnaire investigated demographic variables, workplace characteristics (i.e, being a frontline or second-line worker), and information regarding Key mental health outcomes such as symptoms of depression, stress using perceived stress scale and Patient Health Questionnaire (PHQ-9).

Results: 20.2% of the participants had no symptoms of depression, 29.8% of them had minimal depression, 26.4% of them had mild depression, 13.5% of them had moderate depression, 5.1% of them had moderately severe depression, and 5.1% of them had severe depression. About 41.6% of them were under low stress and 48.3% of them were under moderate stress and 10.1% of them were under high perceived stress.

Conclusion: The COVID-19 pandemic was associated with mild stressful impact in our sample; since the COVID-19 pandemic is still on-going, these findings need to be confirmed and investigated in future larger population studies. Our study managed to capture some immediate mental health impacts of the COVID-19 pandemic.

Keywords: COVID-19, PHQ-9, Mental Health.

Title : Prevalence of sarcopenia in an elderly population in rural South India: a cross-sectional study.

Authors: Nishat Shaikh, R Harshitha, Madhavi Bhargava

Institution name : Yenapoya Medical College, Mangalore

Registration Id : RMCKACH0236

Type of presentation : Oral

Background: Sarcopenia is a condition common in the elderly characterized by progressive and generalized loss of skeletal muscle mass and strength leading to poor quality of life. According to a working definition proposed by the European Working Group on Sarcopenia in Older People (EWGSOP), the criteria for a diagnosis of sarcopenia is based on documentation of low muscle mass with either poor muscle strength or low physical performance. The objective of the present study was to determine the prevalence of sarcopenia in the rural elderly population of South India.

Methods: We conducted a cross-sectional survey of 240 elderly people (≥ 60 years) in rural areas of Dakshina Kannada district. We measured their height (SECA 213), weight (SECA 803), gait speed (8-foot walk test) and muscle strength (Jamar handgrip dynamometer). A cut-off of < 0.8 m/s was considered as 'slow' for gait speed. Appendicular skeletal mass was calculated using Lee formula $[(0.244 * \text{body weight}) + (7.8 * \text{height}) + (6.6 * \text{gender}) - (0.098 * \text{age}) + (\text{race} - 3.3)]$; for Asian people this was calculated as -1.2 .

Results: There were 118 men and 122 women participants. Sarcopenia was found in 34 (14.2%) participants, of which 30 (88.2%) were women and 23 (67.6%) belonged to below poverty line status. Of all those having sarcopenia, 27 (79.4%) were ≤ 75 years and 27 (79.4%) were married.

Conclusions: The prevalence of sarcopenia was 14.2% in an elderly population and was found to be more in women. Large-scale multi-centric community-based surveys will help determine the actual burden of sarcopenia in India.

Title : Gender Preference and PC-PNDT Awareness: A rural outlook

Authors : Harshitha H N, Rashmi Kundapur

Institution name : SDUMC, Kolar

Registration Id : RMCKACH0243

Type of presentation : Oral (full paper)

Introduction: According to the economic survey 2017-18, it was estimated that 63 million girls were missing in the Indian population and 21 million girls were unwanted. To curtail the practice of female foeticide Government of India passed the Prenatal Diagnostic Techniques (Regulation and Prevention of Misuse) Act in 1994.

Objectives: 1. To assess the awareness among women about PC-PNDT Act
2. To study the perception of rural women about female foeticide and gender preference

Methodology: A mixed method study conducted in rural Dakshina Kannada with multi stage sampling technique. Cross sectional analysis for awareness of PC PNDT Act and gender preference was done. A pre-validated and pre tested questionnaire used. Knowledge and attitude were scored and categorized. FGD was done for second objective. Thematic analysis was done for FGD.

Results: A total of 650 mothers from 13 PHCs were surveyed for the assessment of awareness of PC-PNDT Act and Gender preference. The knowledge regarding PC-PNDT was found to be average in majority i.e., 49.5% and attitude was found to be good in majority i.e., 74.9% Majority of the mothers had no gender preference 57.7%, 20.5% had preference for the female child in the study and 17.2% had preference for the male child. There was significant association of age, occupation, income, type of family and gender preference among women.

Conclusion: The awareness regarding the PC-PNDT Act is average among the mothers but majority have good attitude towards the Act. No obvious gender preference observed in the study participants.

Keywords: Gender preference, PC-PNDT, Multi stage, Rural, FGD

Title : Evaluation of Knowledge and Practice of ASHAs regarding Child Health Services in Vijayapura District, Karnataka

Authors : Rohith M

Institution name : Yenapoya Medical College, Mangalore

Registration Id : RMCKACH0156

Type of presentation : Oral

Introduction: NHM has created a cadre of trained female community health activists called Accredited Social Health Activists (ASHAs) to mobilize the community toward increased utilization of existing health services. ASHAs play an important role in the rollout of government health programs such as the Janani Suraksha Yojana (JSY), a conditional cash transfer scheme to incentivize women to give birth in a health facility. The ASHAs work closely with other frontline workers like Auxiliary Nurse Midwives (ANMs) and Anganawadi Workers (AWWs) to conduct community-level activities.

Objectives: To evaluate the knowledge, attitude, practice of ASHAs towards the Child Health Care.

Methods: A cross-sectional study was conducted in 11 months. A pre-designed, semi-structured questionnaire was prepared in accordance with the study objectives. The questionnaire was prepared in English and the interview was conducted in Kannada language by explaining them questions one by one. Data collection was done by interview technique.

Results: Out of 617 ASHAs interviewed, 580 (94%) ASHAs had proper knowledge about exclusive breast feeding and the duration, 560 (90.7%) told colostrum was necessary to the baby. Only 323 (52.3%) ASHAs had correct knowledge regarding schedule of immunization. 580 (94%) ASHAs could tell when the weaning should be started correctly and 611 (99%) ASHAs knew about ORS packets and the steps that went in preparing it.

Conclusions: Generally, knowledge of ASHAs about care of new-born and child health care was considerably good. However, knowledge of ASHAs about the immunization schedule was found to be inadequate.

Keywords: ASHA, Child Health, Knowledge

Title : Implementation challenges of opportunistic screening for diabetes mellitus and hypertension in primary care settings of Dakshina Kannada: a mixed-methods study

Authors : Pracheth R, Tanu Anand, Jaya Prasad Tripathy, Abhay Subashrao Nirgude, Mahendra M Reddy, Subhashree Nandy, Habeena Shaira, Poonam Ramesh Naik

Institution name : Yenapoya Medical College, Mangalore

Registration Id : RMCKACH0092

Type of presentation : Oral

Introduction: Opportunistic screening for individuals aged ≥ 30 years for early detection of diabetes mellitus (DM) and hypertension (HTN) is an integral strategy under the national program to control non-communicable diseases. There has been no systematic assessment of the screening process in primary care settings since its launch.

Objectives: 1) To determine the number and proportion eligible for screening, number screened, diagnosed and treated for DM and HTN among persons aged ≥ 30 years in two selected primary health centres (PHCs) in Dakshina Kannada during March-May 2019.
2) To explore the enablers and barriers in the implementation of screening from the perspective of the health care providers (HCPs) and beneficiaries.

Methodology: Sequential explanatory mixed-methods study with a quantitative (cross-sectional study) and a descriptive qualitative component (in-depth interviews and focus group discussions) was conducted among HCPs and persons seeking care. Those that were not known DM/HTN and not screened for DM/HTN in one year were used to estimate persons eligible for screening.

Results: Of 2697 persons, 512 (19%) were eligible for DM screening, 401 (78%) were screened; 88/401 (22%) were diagnosed and 67/88 (76%) were initiated on treatment. Of 2697, 337 (13%) were eligible for HTN screening, 327 (97%) were screened, 55 (17%) were diagnosed with HTN; of those diagnosed, 44/55 (80%) were initiated on treatment. Willingness to undergo screening and recognition of relevance of screening were enablers. Overworked staff, logistical and documentation issues, inadequate training were the barriers.

Conclusion: Nearly 19% were eligible for DM screening and 13% were eligible for HTN screening. We noted several enablers and barriers.

Keywords: early detection; lifestyle diseases; opportunistic screening; operational research

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Title : Survival and Hospital Stay Characteristics of COVID-19 Patients in Karnataka, India

Authors: : Amrutha AM¹, Vijayalaxmi Mangasuli¹, Bhagyashree Khatari², Nagendra Gowda MR³, Bhoovana Chandra²

Institution name : Basaveswara Medical College and Hospital , Chitradurga

Registration Id : RMCKACH0108

Type of presentation : Oral

Background: The rapid transmission of Corona virus from human to human made the world Health Organization (WHO) to declare this as the public health emergency of international concern and called it as global pandemic. As on November 18, 2020, globally 55,326,907 COVID-19 cases are reported and caused 1,333,742 deaths.

Objectives: To know the factors associated with hospital stay and mortality for COVID 19 patients for the entire state of Karnataka, India.

Settings and Design:

The retrospective cohort study using health bulletin data by Department of Health and Family Welfare, Government of Karnataka (GoK)

Material and Methods: The retrospective cohort analysis was done on 3221 COVID 19 patients using the health bulletin data on COVID-19 published by the Department of Health and Family Welfare, Government of Karnataka (GoK) from March to May 31, 2020. This fixed cohort was followed till 40 days (July 10, 2020) for definitive outcomes (death/discharge). Those patients without definitive outcome till July 10, 2020, were right censored.

Results: The mean length of hospital stay among COVID 19 patients with definitive outcomes was 15.41 days (SD: 6.55). The case fatality rate was 1.9%. The Kaplan–Meier analysis showed an overall survival rate of 98.8% at 7 days and 98.1% at 14 days. Having SARI at the time of admission (adjusted hazard ratio: 0.07 (0.04-0.14); P < 0.001), being aged ≥ 60 years (adjusted hazard ratio: 0.2 (0.1-0.3); P < 0.001) and having travel history (adjusted hazard ratio: 3.7 (1.7-8.2); P < 0.001) were the significant predictors of mortality among COVID 19 patients.

Conclusions: The overall picture of COVID-19 can be obtained only after the end of pandemic; however, these preliminary evidences would be sufficient for health resource planning and resource allocation.

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Hall A - Session 22 - PG Oral

Title : e-Health and telemedicine: practices and beliefs among medical students of a government medical college in Bengaluru.

Authors : Geethu S, Jyothi Jadhav, Ranganath T S

Institution name : BMCRI

Registration Id : RMCKACH0185

Type of presentation : Oral

Introduction: Information technology has offered a bridging pathway for geo-separation between clinician and consumer, thus providing more efficient and economic health care services. Successful adaptation and integration of e-Health and telemedicine concepts in clinical practice will aid to the increase in subjective proficiencies, offers location independent health care services and also reduces health care costs. Hence this study was conducted to assess the practices and beliefs among medical students to evaluate of end user needs, preferences, benefits and barriers.

Objectives: To assess the self-rated views of medical students regarding e-Health and Telemedicine, their benefits and barriers.

Materials and Methods:

A cross-sectional study was conducted from September to October 2020 among Medical students of a Government Medical College in Bengaluru. By universal sampling technique, a total of 102 medical students participated in the study. Data was collected by an online survey using Google forms using a pre-tested semi-structured questionnaire which included self-reported views, barriers and benefits in the context of e-Health and Telemedicine. Data was exported to MS Excel and analysed using SPSS.

Results: Majority of the participants expressed moderate knowledge about e-Health (42%) and telemedicine (47%). Only 28% agreed that telemedicine enhances quality of health care. Participants also opined that telemedicine offers location independent health care services (49%) and reduces health care costs (48%). Concerns regarding data privacy and security was also raised by the participants.

Conclusion: The study provides valuable insights into the perceptions of upcoming health care professionals regarding e-Health and Telemedicine. Though there are strong arguments for implementing telemedicine, it can aid in equitable access to health care services and can be a tool for better health workforce in the near future.

Keywords: Telemedicine, e Health, Medical students, Knowledge

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Title : Nomophobic behaviours among students in a private college of professional education in Anekal Taluk, Bengaluru Urban District – A mixed-methods study

Authors: : Thomson C Davis, Nancy Angeline, John Stephen, Abhishek Patil

Institution name : St Johns Medical College

Registration Id : RMCKACH0227

Type of presentation : Oral

Introduction: Nomophobia (NMP) is the irrational fear of being without a mobile phone or being unable to use a phone for some reason such as absence of the signal or low battery. It is a portmanteau of NO MOBILE PHONE PHOBIA. The rising use of mobile phones is adversely affecting the mental and physical health of students affecting their productivity.

Objectives: This study was done to assess the nomophobic behaviors among students in a private engineering college in Anekal Taluk, Bangalore, and to understand the factors associated with NMP behaviors and smartphone usage among them.

Methods: This was an institution-based mixed methods study. The quantitative component had a self-reported validated structured questionnaire comprising socio-demographic characteristics of participants, smartphone usage, and NMP questionnaire (NMP-Q) which was administered to all the students studying various courses. The qualitative component consisted of focus group discussions with students and in-depth interviews with professors and a psychiatrist.

Results: Out of 436 participants, 57.6% were males, 65.6% were day- scholars and their mean age was 19.09 years. Around 19%, 61.2%, and 19.3% were diagnosed with mild, moderate, and severe NMP respectively. The key qualitative themes identified were the association of mobile phones with health, academics, recreation, and day-to-day life.

Conclusions: Most of the students were found to be moderately nomophobic with a considerable number being severely nomophobic. Students who had their own phones and those who felt that they had a lack of concentration due to overuse of phones were found to be positively associated with NMP behaviours. Most of them are aware of the harmful effects of excessive phone use.

Keywords: Nomophobia (NMP), Smartphone, Mental health, Addiction, Youth, Mixed-methods study

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Title : Telemedicine Usage Among Ayurvedic Physicians - Current Scenario

Authors : Nyshu Abdul Azeez K, Anupama Krishnan

Institution name : VPSV Ayurveda College, Kottakkal

Registration Id : RMCKACH0242

Type of presentation : Oral

Background: Over the past eleven months we are witnessing stories of human suffering and overwhelmed health care system due to COVID 19. All through the pandemic, mandatory social distancing, avoiding unnecessary exposure and the difficulty in reach of treatments has made telemedicine the innocuous interactive system between patients, both infected and uninfected, and physicians. The pandemic is accelerating the transition to a new model of remotely delivered healthcare that embraces the benefits of digital and data technologies. Several initiatives have been taken to utilize the vast potential of Ayurveda in this pandemic. In this scenario it is imperative to assess the prevalence and perception of Telemedicine practice among Ayurveda physicians of Kerala.

Aim: To assess the State of art of Telemedicine practice among Ayurveda physicians

Objectives: a) To assess the prevalence of Telemedicine usage among Ayurveda physicians
b) To assess knowledge, attitude and practice of Telemedicine among Ayurvedic physicians

Methodology: This is a Cross sectional study through online platform. Questionnaire has been developed based on an in depth interview among Ayurveda physicians from each specialties, which is pretested to confirm reliability and validity. It is distributed to randomly selected ayurveda doctors as online survey. Responses will be collected and statistically analyzed

Conclusion: Findings of the study will be displayed during presentation session

Keywords: Telemedicine, Ayurveda, State of art

Title : Mid-upper arm circumference as a Feasible tool to assess the nutritional status among adults, Dharwad

Authors: : Arpitha V S, Deepti Shettar

Institution name : SDM college of medical sciences and hospital

Registration Id : RMCKACH0170

Type of presentation : Oral

Introduction: Body-mass-index (BMI) is widely accepted as an indicator of nutritional status in adults. For community screening of malnutrition and also in resource poor settings measuring BMI may not be feasible due to logistic requirement. Mid-upper-arm-circumference (MUAC) is another measure to detect malnutrition in adults which is not widely explored.

Objectives: To assess the feasibility of Mid Upper Arm Circumference (MUAC) to measure nutritional status among adults in rural field practice area of SDMCMS&H, Dharwad

Methods: A cross-sectional study was conducted among adults aged between 18-60 years attending RHTC, Yadwad during August 2020. After obtaining an informed consent a semi-structured questionnaire was used to collect information on socio-demographic characters and anthropometric measurements. Data entry and analysis was done using Microsoft excel and SPSS version 23.0 respectively. The Descriptive statistics like percentages and frequencies were calculated. Mean and standard deviation was calculated for metric variables. The MUAC cutoff for the BMI values was determined using Receiver Operating Characteristic curve.

Results: Majority of the participants were females 34(51.5%) aged 21-30 years 22 (33.3%), Farmers 25(37.8%), Hindu 62(93.9%) and belonged to class 4 30(45.5%) SES. Around half of them were malnourished 28(42.42%). Sensitivity and specificity of MUAC in detection under-nutrition was 50% and 92.1% respectively. In ROC curve analysis MUAC cut-off value of 29.5cm was obtained for BMI 29.9 (AUC= 0.892, p=0.002).

Conclusions: MUAC cutoff values of 23.5cm for BMI of ≤ 18.5 and 29.5cm for BMI of ≥ 22.9 can be used as an alternative to measure adult malnutrition.

Keywords: Adults, BMI, Malnutrition, MUAC.

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Title : Prevalence of elder abuse among elderly residing in the rural field practice area of Belagavi district; a cross-sectional study.

Authors : Nishtha Malhotra, Shivaswamy M. S.

Institution name : Jawaharlal Nehru Medical College, Kaher, Belagavi

Registration Id : RMCKACH0177

Type of presentation : Oral

Introduction: Older adults frequently find themselves mistreated in various ways by people they trust, with significant, lasting consequences. Elder abuse (WHO) is defined as: "a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person." Elder abuse has always been considered a western problem and its existence in India has never been acknowledged seriously.

Objectives: To find the prevalence of elder abuse.

Methodology: A cross-sectional, questionnaire based study was conducted by systematic random sampling (approximately 200) in elderly population of age ≥ 60 years, residing for at least one year in rural field practice areas of PHC Vantamuri in Belagavi taluka and district, Karnataka state, India from 1st October 2020 to 30th November 2020. A set of pre-tested standardized questionnaires consisting of 7 parts, including Modified Geriatric Mistreatment Scale to assess the elder abuse prevalence, were used. Statistical analysis was done by using rates, proportions and percentages.

Results: Among 200 elderly participants, 28 (14%) were found to be experiencing some kind of abuse i.e., psychological (86%), neglect (50%), economical (39%) and physical abuse (29%).

Conclusion: Elder abuse exists in India in various forms and it is imperative to form new policies and strategies in order prevent abuse of elderly population in rural India

Keywords: Elderly abuse, India, rural, cross-sectional study

Title : Assessment of experience with attending online classes held during covid – 19 pandemic among medical undergraduate students of bmcri - a cross sectional study

Authors: : K. Md. Shoyaib, Ranganath T S

Institution name : BMCRI

Registration Id : RMCKACH0136

Type of presentation : Oral

Introduction: Online classes was an immediate response to maintain the continuity of theoretical academics during COVID-19 pandemic. With most of the students not accustomed to online classes, this study was done to assess the availability of infrastructure and impact of online classes on Mental and Physical Health on the students.

Objectives: To assess the availability of the required infrastructure and impact of online classes on Mental and Physical Health

Methodology: • Study Area: Medical undergraduate students of BMCRI

- Study Population: Students who attended online classes for more than one month

- Study period: 10 Nov 2020 to 10 Dec 2020 Sampling Method: Universal Sampling

- Data Collection & Analysis: A face validated semi structured questionnaire administered by interview method via online survey using surveymonkey.com and Statistical analysis was done using SPSS.

Results: Out of 1000 students 587 responded, majority of which were Males (62.14 %) and spent 2 to 4 hours per day for online classes. 88.51% of the respondents used Mobiles. While 90.73% missed the interaction with their batchmates, 87.25% were worried that they might miss the class due factors beyond their control. Moreover, 67.9% suffered with backache, 83.49% of them suffered with eye strain.

Conclusions: For Online Classes, availability of infrastructure is inadequate. Moreover, it is having a negative impact on Mental and Physical health of the students.

Keywords: Medical Education, Online Classes, Undergraduates.

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Hall B - Session 23 - PG Oral

Title : Stigma in public health

Authors : Shahnaz Fathima A, Sowmya C Nair

Institution name : VPSV Ayurveda College, Kottakkal

Registration Id : RMCKACH0272

Type of presentation : Oral

Introduction: Stigma can be defined as a mark of disgrace associated with a particular circumstance, quality or person. It can deteriorate the social, economical, psychological and physical domains of public health. In society, it is often associated with mental diseases and communicable diseases like AIDS. When Covid 19 took its toll and no of patients rose rapidly, it was not only the patients, their caregivers and health professionals who became victims of stigmatisation.

Objectives: To understand the key issues linked with health related stigma. Developing strategies to combat stigma.

Methodology: A scoping review was conducted on the overview of research on stigma in public health. Its strength in the community, the mitigating strategies adopted so far and the depth of the problems associated with it were studied.

Results: Stigma affects the health seeking behaviour, treatment adhering attitudes of the patients. Health education and effective communication are some of the productive ways to combat stigma.

Conclusion: Although stigma in the population is deep rooted, it is yet to receive enough recognition within the field of public health. A comprehensive and wide reaching understanding of health related stigma will help to develop effective strategies to target stigma in the community and health facilities.

Keywords: Health related stigma, Healthcare, Health Education, Public Health cal students, Obesity, PSSI.

Title : Perception of Medical Students on the Overall Effectiveness of Online Classes: A Cross-Sectional Study

Authors: : Shiv Kumar, Dr. Rizwana B Shaikh, Dr. Dattatraya D Bant

Institution name : KIMS, Hubli

Registration Id : RMCKACH0158

Preferred mode : Oral

Background: The COVID-19 pandemic has affected medical education dramatically with the distinctive rise of e-learning in India whereby teaching is undertaken remotely and is digital. The level of satisfaction with online classes differs, and it's important to explore the students' perceptions regarding online teaching.

Objectives: To assess the effectiveness, student satisfaction, strengths and weaknesses and the effects on student's health of online sessions.

Methodology: A cross sectional study was conducted among 312 medical students studying in various government and private medical colleges of Karnataka with a pre-tested detailed structured online questionnaire. SPSS software was used for data analysis.

Results: Most of the study participants preferred classroom teaching over online classes. Flexibility to take and attend classes and the provision to re-watch the classes at a later date, were identified as strengths of online sessions. Internet connectivity, distracting chat notifications, faculty not being well versed with online sessions and lack of personal touch were perceived as weaknesses of the online sessions. Health related issues with online sessions were Neck pain, Headache, Eye strain, back pain and burning sensation in the eyes. Although 55.7% agree that online classes are the only solution during COVID-19 times; 94% of them believe that a student needs more than just theory classes to become doctor.

Conclusions: Medical students preferred classroom teaching over online classes. Internet connectivity and distraction during online classes were the major issues with online sessions. Majority of them believe that a student needs more than just theory classes to become doctor.

Title : A Cross Sectional Study to Assess the Reasons For Opting Medical Profession And Speciality Preference Among Undergraduate Medical Students In Karnataka

Authors : Tewe U Kapfo, Dr. Rizwana Shaikh, Dr. Dattatraya D Bant

Institution name : KIMS, Hubli

Registration Id : RMCKACH0161

Type of presentation : Oral

Background: Doctors are considered as the cream of the nation and this inclines most of the students to choose medical profession as their career of choice after completion of their secondary schooling. However, many students prefer a career in medicine because of parental pressure and a considerable proportion of medical students regret their choice after joining.

Objectives:

- To assess the reasons for students opting medicine as their professional course
- To assess the factors that influences their choice of future specialisation in medical sciences.

Methods: A cross sectional study was conducted among the undergraduate medical students studying in various government and private colleges in Karnataka with a pre-tested semi-structured questionnaire.

Results: The mean age of the study population was 20.77±0.814 and majority were female (51.14%). Majority (82.1%) of the students opted MBBS out of self interest. Service to save lives (92.75%) was the most common motivational factor to opt MBBS. 20.6% of the participants were having regret feeling for choosing medical profession. Medicine (22.8%) and surgery (21.7%) were the major branch of interest. Personal interest (24.4%) was the most common factor that influenced their choice of speciality preference.

Conclusion: Self interest was the main reason for opting MBBS. Parental pressure was also observed as one of the reason. Majority of the students preferred only the clinical subjects. Almost 1/4th of the students were having feeling of regret for opting medical profession. Career guidance and counselling should be provided to students to address such issues.

Keywords: MBBS, Speciality preference, career.

Title : A cross sectional study to assess the prevalence of anxiety and perception of e-learning among school teachers

Authors: : Dr Maneesha godbole, Dr Dattatreya Dinna Bant, **A Akshay Subramanian**

Institution name : KIMS HUBLI

Registration Id : RMCKACH0176

Type of presentation : Oral

Background: Though E-learning has been slowly finding its way into various academic programs, the Covid-19 pandemic has suddenly forced it upon us, with no option left. For a few months now it has been the only possible method of teaching and learning. Many of the schools, as well as faculty were using it to some extent, but were not completely prepared. This posed a challenge to them. In this context, it is necessary to understand the hardships faced by the teachers, their perception about e—learning and the anxiety caused to them.

Objectives: To assess prevalence of anxiety among school teachers 2) to know the perception of e-learning among school teachers

Methods: A cross sectional study was conducted over a period of 4 weeks. A sample of 100 school teachers was selected by convenience sampling. A structured, pre-tested questionnaire through Google forms was used to collect the data. The questionnaire assessed the benefits and disadvantages of e-learning as perceived by the teachers. Anxiety was assessed using the Hamilton Anxiety Rating Scale. Data was entered in Excel sheet and observations were tabulated and presented as proportions, using pie charts.

Results: 32% of the teachers felt that visual orientation is a positive aspect of e-learning, 67% felt that e-learning offers better opportunities for students to improve their skill set. 34% expressed that they were able to complete only 61-80% of the assigned subject matter for the day. Lack of face to face communication, poor network connectivity, and inattentiveness of students were listed as the disadvantages of e-learning. Despite training having been provided to conduct e-learning, 90% of the teachers experienced mild anxiety.

Conclusions: 58% of the teachers believed that E-learning could definitely be used on a regular basis, whereas 42% felt certain modifications and measures need to be in place before the actual process of complete E-learning could be thought of as a modality to teach school children.

Keywords: Anxiety, Perception, School Teachers, Feasibility, E-Learning

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Title : Prevalence of burnout among medical postgraduate students.

Authors : Ram Pragadeesh S, Dr. Chandra S Metgud

Institution name : Jawaharlal Nehru Medical College

Registration Id : RMCKACH0216

Type of presentation : Oral

Introduction: In India there is one government doctor for every 10,189 people but the recommended WHO ratio is 1:1000. This results in work stress which is reflected in the pushed down life expectancy of doctors by more than 10 years when compared to the general population. Period of post-graduation is one the most professionally stressful period in a doctor's life, where he / she is experiences lot of burnout, which in turn may lead to depression.

Objectives: To assess the prevalence of burnout among medical postgraduate students.

Methodology: A cross-sectional study was conducted among 209 medical postgraduate students of KAHER, JN Medical College, Belagavi. Informed consent was obtained and the following information was collected: i) Socio-demographic profile, ii) Assessment of Burnout using Copenhagen Burnout Inventory questionnaire. Data was entered into Excel sheet percentages were calculated. Association of variables - chi square test. P value of ≤ 0.05 was considered statistically significant.

Results: Among medical postgraduates, personal burnout was present in moderate levels in 100 (47.8%), high in 23 (11%) and low in 86 (41.2%). Work related burnout was present in moderate in 94 (45%), high in 23 (11%) and low in 92(44%) and client related burnout was moderate in 54(25.8%), high in 13(6.2%) and low 142(68%). The socio-demographic factors associated with burnout were duration of sleep, physical activity, eating habits, subject and year of post-graduation

Conclusion: Medical postgraduates experience a lot of work-related and personal burnout during the period of post-graduation.

Keywords: Burnout, Post-graduate

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Title : Perception and challenges faced by medical students after introduction of e-learning

Authors: : Girish M , Dr. Sudhir, Dr. Harish B R

Institution name : Mandya Institute of Medical Sciences, Mandya

Registration Id : RMCKACH0297

Type of presentation : Oral

Introduction: From the first case of COVID-19 in India recorded on Jan 2020 the country has shown exponential increase in cases. As a preventive measure and to break the chain of transmission Government of India ordered a nationwide lockdown restricting the functioning of educational institutes that challenges all levels of education particularly college students. The transition to online learning have changed the perception of students towards E-Learning and they also face challenges to adjust to the new learning experience.

Objectives: 1. To assess the students perception towards e-learning
2. To identify the challenges of online classes faced by the students

Methodology:

Study Design: Cross-sectional study

Study Population: Undergraduate students of MIMS, Mandya

Study period: 1st November to 30th November 2020

Sampling method: Convenient sampling

Sample size: 650

Results: This study shows 70% of students faced challenges and 20% have positive perception towards e-learning

Conclusions: Interventions should be done to create positive space for study among the students from vulnerable section of society

Keywords: E-Learning, COVID-19, Medical Students

Hall C - Session 24 - Faculty - Oral

Title : Knowledge and Practices of Food Safety Among Rural Population of Kolar

Authors : Dr Sushma A, Naresh Kumar S J

Institution name : Sri Devaraj Urs Academy of Higher Education and Research

Registration Id : RMCKACH0206

Type of presentation : Oral

Introduction: According to WHO it is estimated that globally around 600 million, almost 1 in 10 people fall ill after eating contaminated food. The effect of food contamination and cross contamination, become higher especially in the lower socio-economic classes due to unsatisfactory environmental conditions, poor quality and insufficient water supplies and unhygienic preparation storage.

Objectives: 1. To assess the knowledge and practices regarding food safety.
2. To find the association between some social factors on food safety.

Methodology: Community based cross-sectional study was conducted. Assuming the good awareness level to be 50%, absolute precision of 6%, 95% confidence interval, the minimum required sample size was calculated to be 267. Three villages were selected randomly until the required sample size is achieved. The interview was by administration of Food Safety and Hand Hygiene practice questionnaire.

Results and inferences: 267 households were visited among the randomly selected villages of Kembodi PHC in Kolar rural area. Majority of the respondents had good food hygiene knowledge. More than 90% of the respondents were following hand hygiene practices. Majority of the respondents insisted to have annual hygiene campaign in their villages. With regard to safety issues on manufacturing dates of the packed foods showed limited awareness.

Conclusion: From the study we found good knowledge on food hygiene amongst the participants in a rural residential community. However, the hygiene practice was not as highly complied as expected. Future interventions on advocating sustainable behaviour of good hygiene through Village Health and Sanitation Committees is required.

Keywords: Food Safety, Hygiene, Knowledge and Practices

Title : Effectiveness of clickers on undergraduate medical students learning

Authors: : Yashika Gupta, Vittal S, Yashaswini K S, Jannatbi iti

Institution name : Gadag Institute Of Medical Sciences

Registration Id : RMCKACH0215

Type of presentation : Oral

Introduction: Clickers allow students to provide input without fear of public humiliation and without having to worry about more vocal students dominating the discussion.1 The clickers were easy to use and lead to better interactivity in the classroom both among students and with teachers and can be used at any grade level.

Objectives: 1. To assess the effectiveness of clickers on Phase III undergraduate Medical Students learning.
2. To assess the perception of usage of clickers among Phase III undergraduate Medical Students.

Methodology: A non-randomized cross over study was conducted for 6 months among six term Medical students of Gadag Institute of Medical Sciences, Gadag. After obtaining informed written consent an interactive lecture was given to the MBBS six term students and divided them into Groups 1 and 2, consisting of 40 students each. Group 1 students were assessed with using Kahoot basic software for Clickers using MCQ immediately after an interactive lecture, after peer discussion and 1 week. Group 2 were assessed with Group discussion immediately after an interactive lecture and 1 week. A crossover of Group 1 and 2 students were done after two weeks. Data was analyzed using proportions, t-test, and correlation using SPSS version 21.

Results and Conclusion: The majority of students (78.8%) agreed that the clickers were easy to use. It concluded that Clickers were effective learning tool to enhance student's engagement and learning, improves their performance and bridges the gap between teacher and students.

Keywords: Student learning, Assessment, Clickers, Kahoot

Title : **Patient’s level of satisfaction and their perception of violence against doctors at a Government Hospital in North Karnataka.**

Authors : Rudramma J, Jannatbi lti

Institution name : Gadag Institute Of Medical Sciences

Registration Id : RMCKACH0218

Type of presentation : Oral

Introduction: The level of patient satisfaction must be evaluated periodically to assess the quality of health care provided by the government and helps to improve health care delivery in developing nations.

Objectives: To determine the level of patient satisfaction and their perception of violence against doctors among in- patients attending a government teaching hospital.

Materials and Methods:

A hospital based cross-sectional study among in-patients of a government teaching hospital, Gadag in North Karnataka. A predesigned structured Patient Satisfaction Questionnaire–18 (PSQ–18), developed by RAND health publication, along with self framed violence questionnaire was used as study tools. Statistical analysis was done in SPSS version 16, using descriptive statistics, ANOVA& Kruskal - Wallis tests were applied

Results: The median score for overall satisfaction was 3.78 with interquartile range of 0.44. The mean patient satisfaction was highest for interpersonal manner (4.002 ±0.72), followed by communication (3.88± 0.88) and financial aspect (3.84±0.68). The least satisfied area was accessibility and convenience (3.52±0.58). Among the study subjects 47.5% had heard about the violence committee against the doctors, 33.5% said violence against doctors is on rise Violence against doctors was unethical according to 57.5% and 60% said it must summon punishment.

Conclusion: The overall patient satisfaction was good in our study, accessibility and convenience component needs to be improved. The study helps in understanding patient’s needs in various dimensions of health care thus helping to improve quality of care provided and satisfying the patients.

Keywords: patient satisfaction, violence against doctors, PSQ, quality of care

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Title : A Community-Based Study of Milk Adulteration and Its Correlation with Malnutrition in Children Aged 1-5 Years In A Selected Area Of Bangalore Rural District

Authors: : Dr. Amita Mukhopadhyay, **Ipsita Debata**

Institution name : Dr. Chandrama Dayanand Sagar Institute of Medical Education and Research

Registration Id : RMCKACH0221

Type of presentation : Oral

Introduction: In India, 38% of under-5 children are stunted, a manifestation of chronic under nutrition, responsible for nearly half of all child deaths globally. Milk provides energy, protein, and micronutrients and stimulates growth factors. Adulterated milk reduces the nutritional value and exposes the child to harmful chemicals. Thus we proposed to study the prevalence of milk adulteration at household level and its correlation with malnutrition in children, so that baseline data could be made available and utilized to confront these two important public health issues.

Objectives:

1. To assess nutritional status of children aged 1-5 years living in the service area of the Rural health and training center (RHTC), using anthropometric measurements
2. To study the presence of common adulterants in milk samples from the children's households
3. To assess association between malnutrition and milk adulteration

Methodology: Community based cross- sectional study in catchment area of RHTC of tertiary health institute amongst 180 children, aged 1-5 years, with raw milk sample. Data was collected using a pretested questionnaire. Milk was tested for adulterants using strip tests. Data was analysed and interpreted.

Results: Prevalence of underweight, stunting, wasting and low BMI was 13.33%, 38.33%, 15.0% and 26.7% respectively. Commonest adulterants were neutralizers in 53.9% and maltodextrin in 50% of samples. Higher proportion of stunting, underweight and low BMI were found in children drinking adulterated milk compared to non-adulterated milk drinkers.

Conclusion: Our study attempts to elucidate relationship between milk adulteration and childhood malnutrition. We recommend further studies to accurately delineate relationship between milk adulteration and malnutrition.

Keywords: Malnutrition, milk adulteration, under -five, stunting, wasting

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Title : An analysis of Water, Sanitation and Hygiene in Koppal, Karnataka: A Household survey

Authors : **Vijaykumar Mane**

Institution name : Koppal Institute of Medical Sciences

Registration Id : RMCKACH0273

Type of presentation : Oral

Introduction: Access to Safe drinking water and adequate sanitation and hygiene are essential to promote, protect and maintain health and well-being of the people in the community.

Objectives:

1. To estimate the proportion of population having access to safe water and adequate sanitation in the study setting
2. To estimate the prevalence of hand hygienic practices among people in the study setting
3. To determine the association between various risk factors and diarrheal episodes in households

Methods: A cross sectional study was conducted in Koppal city for a duration of 3 months from August to November 2019. A total of 400 households were selected by simple random sampling and details were collected using a structured questionnaire of WASH. Data thus obtained were analyzed using Epi info software version 3.5.4.

Results: The proportion of households having access to safe water was 76% and the same proportion had toilet facility in the study setting. Majority of the people in the households washed their hands before having meals (83%) and after using toilet (97%). Further results are awaited.

Keywords: Safe water, Sanitation, Hand hygiene

Title : **A cross sectional study on Perceived Stress and its association with Body Mass Index among undergraduate medical students in a medical college.**

Authors: : Chandini, Sunil Kumar D R, Arun Gopi

Institution name : Akash Medical College

Registration Id : RMCKACH0318

Type of presentation : Oral

Background: Psychosocial stress has been implicated as a risk factor for high blood pressure, cardiovascular disease, and cancer. Medical students experience a relatively high level of professional and personal stress, with adverse consequences on academic performance, competency, professionalism, and health. This may result in altered behavior pattern and dietary habit resulting in weight change.

Objectives: This study was conducted to determine the prevalence and association between perceived stress and body mass index.

Methods: This cross sectional study was conducted on 613 students in a medical college. Standardised Perceived Stress Questionnaire-14(PSQ-14) was used to calculate Perceived Stress Scale Index(PSSI). Weight and height were measured by standard techniques, BMI was calculated and analysed with perceived stress.

Results: The prevalence of perceived stress was 57.7% and high stress was reported among female and final year students. Academics and curriculum was the most common cause of stress, and positive coping mechanisms were used by the students to relieve stress. Higher levels of stress were reported in both underweight and overweight categories and a statistically significant association was observed between perceived stress and BMI. ($\chi^2 = 36.8, p < 0.0001$)

Conclusion: The prevalence of stress was high and a significant association was found between stress and BMI. It is important to identify the sources and symptoms of stress among medical students in order to facilitate early detection and treatment, which can prevent physical and psychological morbidities later in life.

Keywords: Perceived stress, Body Mass Index, Medical students, Obesity, PSSI.

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Hall A - Session 25 - UG - Oral

Title : **Association of perceived father's support among breastfeeding mothers.**

Authors : Anupriya Kushwaha

Institution name : KHEMA, Mangalore

Registration Id : RMCKACH0096

Type of presentation : Oral

Introduction: Exclusive breastfeeding is the best way to feed infants up to 6 months. Various factors affects breastfeeding practices including father's role. This study aims to describe father's role in exclusive breastfeeding practices.

Objectives: To determine the perceived "father support" for breastfeeding among mothers attending a primary health center.

Methodology: A community-based cross sectional study was conducted in the field practice areas of a primary health care center in a coastal. All individuals satisfying the eligibility criteria were considered. Data on the attitude of father towards exclusive breastfeeding was collected using an interview method to lactating mothers having child less than 1 using a semi-structured questionnaire. The data was entered into Epiinfo software version 7.

Results: A total of 170 breastfeeding mothers were included. The exclusive breastfeeding rate was 148 (87.1%). The perceived father's support among mothers were low in 22(13%) average in 99(58.6%) and good in 48(28.4%) . However the perceived father's support for exclusive breastfeeding was not associated with exclusive breastfeeding rates among mothers.

Conclusion: Exclusive breastfeeding rate is 87.1%. The perceived father's support for exclusive breastfeeding was not associated with exclusive breastfeeding rates among mothers.

Title : Impact of E- health services amidst COVID-19 – 19: A comparative analysis between a developed and developing country

Authors: : Daphnie John, S. Kirubakaran

Institution name : Government Thiruvarur Medical College, Tamil Nadu

Registration Id : RMCKACH0100

Type of presentation : Oral

Background: The virtual interaction between a health care professional and a patient through technology is what telemedicine is all about. During the current pandemic, it has the potential to be accessible, affordable and an efficient mode of interaction, while avoiding direct contact. The internet forms the platform for transfer and storage of medical information through emails, social media, health applications, wearable devices to access health care on the go.

Objectives:

- To evaluate the efficiency of “FORWARD TRIAGE” model in Telemedicine
- To determine the current usage, awareness and areas of improvement of E- health services.

Materials and Methodology:

A cross sectional, questionnaire-based study was conducted among 100 respondents of general population (50 – India, 50- Kuwait) during the month of November 2020. The data was collected using a pre- designed questionnaire assessing the usage and importance of telemedicine. The collected data was plotted in MS Excel and analyzed using SPSS.

Results: On analyzing the given data, 42% of sample population in India consult doctors online compared to 44% of Kuwait, who directly approach private clinics. 64% of Indians are aware of telemedicine, however, only 10% prefer using this mode of communication. The reason being, 53.2% and 34.2% of India and Kuwait’s respective population report ineffective communication skills and question the possibility of accurate diagnosis online.

Conclusions: There is no effective implementation of the “forward triage” model, with standard protocols to be followed to reduce the risk of infections. Health care under our fingertips – is made possible if online portals are introduced and government promotes initiate e – health services targeting rural areas, disabled and geriatric population. Knowledge of telehealth, if properly exploited, forms a strong foundation for initial diagnosis and prompt referral, thus can be lifesaving.

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Title : Prevalence and factors associated with menstrual disorders among undergraduate students of DGM Ayurveda College, Gadag- A cross sectional study.

Authors : Yashika Gupta, Vittal S, Yashaswini K S, Dr. Jannat

Institution name : Gadag Institute Of Medical Sciences

Registration Id : RMCKACH0308

Type of presentation : Oral

Introduction: Almost every woman experiences one or the other type of menstrual problem in her lifetime. The disorders in cycles/ irregularities are a cause of anxiety to women of reproductive age. These disorders not only impose non-health problems but also limit attendance at work/college which hinder academic achievements and employment prospects. Menstrual disorders have multiple etiologies and studies of associated variables have found relationships with diet/eating disorders, exercise, BMI, stress and chronic diseases. Prevalence of menstrual disorders in other studies were as high as 94%.

Objectives: 1) To study the prevalence of menstrual disorders
2) To assess the factors related to the menstrual disorders.

Methodology:

A descriptive cross-sectional study design was conducted among 125 undergraduate students aged between 18-23 years from DGM Ayurveda College from May-June 2017. A preformed questionnaire was filled, anthropometric measurements were recorded according to WHO guidelines. The data was tabulated on the Microsoft excel sheet and epi info 7 software was used for analysis.

Results: The conducted study showed among 125 participants, 94.40% had menstrual disorder. Out of which 84.4% had dysmenorrhea, 76% had Premenstrual syndrome, 15.2% had Hypomenorrhea, 9.6% had Oligomenorrhea, 3.4% had Polymenorrhea, 3.2% had Menorrhagia and 0.91% had secondary Amenorrhea. The study also showed significant association between physical activity, BMI and menstrual disorders.

Conclusion: The prevalence of menstrual disorders was found to be 94.4%. Significant number of the women had dysmenorrhea (84.4%) and were unaware of non-prescriptive analgesics. Women should be encouraged to seek prompt medical attention to rule out/treat any underlying problem.

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Hall B - Session 26 - UG - Oral + Poster

Title : **Assessment and evaluation of risk factors for dehydration in acute diarrheal diseases in under five children**

Authors: : **Anoop K M**, Likith kumar N K, Shashank k, Arvind.

Institution name : Gadag Institute Of Medical Sciences

Registration Id : RMCKACH0309

Type of presentation : Oral

Background: The most severe threat posed by diarrhoea is DEHYDRATION. The current estimate in under five children suggest that there are about 1.7 billion episodes of diarrhoea per year with 123 million clinic visits annually and 9 million hospitalization Worldwide with a loss of 62 million disability adjusted life years. In 2013 about 10.7million cases with 1535 deaths were reported in India.

Objectives: To study the determinants of different types of dehydration due to acute diarrheal diseases among under five children.

Methodology: A cross sectional study was used to collect data from Mothers of age under 5 children attending paediatric department of GIMS, Gadag who had Acute diarrhoeal disease presenting with dehydration from may-june 2017. Non probability purposive sampling was done. The mothers were interviewed using a pretested semi- structure questionnaire. The Proforma included socio-demographic profile of the subjects, Type of dehydration and determinants of dehydration. Data was entered in an excel format and analyzed using a Epi-info software. Association between risk factors and the type of dehydration were analyzed using chi – square test. P values <0.05 was considered statistically significant.

Results: The study concluded that the major risk factors for severe dehydration were female gender, first birth order, rural residence, nuclear family, low birth weight, partially immunized, more duration of illness. However, except duration of illness (P=0.002) and rural residence (P=0.045) other factors were statistically not significant.

Conclusions: Duration of illness and rural residence were statistically significant as risk factors for dehydration in acute diarrheal diseases in under five children.

Keywords: dehydration, under five children, acute diarrheal disease

Title : **Knowledge, attitude and practice of doctors practicing in karnataka regarding sars cov-2**

Authors : **Moksha Prasad N**, Nagendra Prasad N, Santosh K Yatnatti

Institution name : Dr. Chandrama Dayanand Sagar Institute of Medical Education and Research

Registration Id : RMCKACH0312

Type of presentation : Oral

Introduction: As the world was brought to a standstill by the SARS CoV-2 virus, unprecedented prevention and control measures are being adopted to curtail the spread of SARS CoV-2. The adherence to these control measures is affected by the knowledge, attitude and practice towards SARS CoV-2.

Objectives: To assess the knowledge, attitude and practice of doctors practicing in Karnataka towards SARS CoV-2.

Methodology: A cross-sectional study, wherein online sample of doctors(113) practicing in Karnataka was successfully recruited via the authors' networks with doctors. A self-developed online KAP questionnaire was completed by the participants with consent.

The questionnaire comprised of 28 questions - pertaining to demography, knowledge, attitude and practice assessment, including if they faced any stigma or discrimination during the pandemic. Data was analyzed using SPSS 23. Software.

Results: In our study we found that 100% of the participants had good knowledge, 55.5% of the participants had good attitudes and 60.9% adopted good practices while managing SARS Cov-2. Comparison of scores revealed that the KAP towards the management of SARS CoV-2 was better among Consultants and senior residents compared to junior residents and Interns.

Conclusion: The study revealed that although the doctors practicing in Karnataka who participated in this study possessed satisfactory knowledge about SARS CoV-2 there is room for improvement in terms of attitude and practices being adopted. These gaps should be addressed through educational initiatives, training, and strict implementation of guidelines issued by the WHO, Indian Council of Medical Research and other regulatory bodies.

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1	Dr A.S.Dorle	Professor and Head	SNMC, Bagalkot
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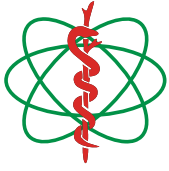
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